

APG News

www.apgnews.apg.army.mil

Published in the interest of the people of Aberdeen Proving Ground, Maryland

December 10, 2009 Vol. 53, No. 48



Post Shorts

Recycling schedule

The residential and recycling pickup schedule for Dec. 16, is paper. Put items in paper bags, boxes or bundles and place them on the curb.



Free AMC Band holiday concert

The U.S. Army Garrison Aberdeen Proving Ground will present A Family Holiday Celebration, a free concert featuring the U.S. Army Materiel Command Band 3 p.m., Dec. 13, at the Amoss Performing Arts Theater, Harford Community College, 410 Thomas Run Road, Bel Air.

This is a free ticketed event; tickets can be picked up at building 2184 during normal business hours. Tickets are available on a first-come, first-served basis.

For more information, call 410-278-8769.

KUSAHC closes early

Kirk U.S. Army Health Clinic will close Dec. 24 and 25 in observance of the Christmas holiday.

The clinic also will be closed Dec. 31 and Jan. 1 for New Year's Day. The clinic will reopen Jan. 4.

Patients should plan accordingly for any medication needs.

For medical services needed after hours, weekends or federal holidays, contact Staff Duty, 410-278-1725. The Staff Duty Officer will coordinate patient's care with the Medical Officer of the Day.

To avoid Point of Service copayment charges, patient will need authorization and/or a referral to go to any urgency

See **SHORTS**, page 8

ISSUE HIGHLIGHTS

Page 2

Izzo leaves podium for final time

Page 3

Resourcing the Army Home

Page 4

20th SUPCOM conducts capability exercise

Page 5

AUSA completes busy year of activities

Page 7

Veterans' Voices

Page 8

Community Notes

Page 9

Safety: Carbon monoxide poisoning a real danger

Page 12

Chapel News

Page 14

Health Notes

Pages 15 & 16

FMWR

Page 17

ACS Hearts Apart decorates tree; EDGE! cooking class



From left to right, Maj. Gen. Paul S. Izzo, outgoing commander of the U.S. Army Research, Development and Engineering Command, joins General Ann E. Dunwoody, commanding general, U.S. Army Materiel Command, and Maj. Gen. Nickolas G. Justice, incoming RDECOM commander, in saluting the colors during the Change of Command ceremony at Aberdeen Proving Ground Dec. 4.

RDECOM welcomes new leader

RDECOM

The U.S. Army's premier science and technology unit welcomed a new leader Dec. 4 during a Change of Command ceremony at the Aberdeen Area Recreation Center. The new commanding general hopes to set the tone for the future of the U.S. Army Research, Development and Engineering Command.

The U.S. Army Materiel Command Commanding General Gen. Ann E. Dunwoody

transferred the RDECOM colors to incoming commander, Maj. Gen. Nickolas G. Justice from outgoing commander Maj. Gen. Paul S. Izzo.

Dunwoody greeted Justice as she described the characteristics and values that make him the best person to lead RDECOM in its mission to support the Soldier through science and technology.

"Losing a commander in a time of rapid transformation

always poses challenges, but I believe once again the Army has chosen wisely," she said. "Today, I'm delighted to officially welcome our new command team, Major General Nickolas G. Justice and his wife Anna. They don't come any better qualified or ready for command than Nick."

Justice, formerly the Program Executive Officer for the Army's Command, Control and Communications-Tactical at

Fort Monmouth, N.J., thanked the prior commander for his service, and said he is prepared for the challenges ahead.

"I truly cherish the opportunity [given to me] today. I am so excited to join the team at RDECOM," the new commander said.

Izzo, who leaves with just over a year in command [See retirement article on page 2], agreed with Dunwoody as he

See **JUSTICE**, page 3



MD Route 24 Gate to reopen Dec. 21

Story by
SYREETA GROSS
Garrison Transformation Office

The much anticipated reopening of the MD Route 24 Gate in the Edgewood Area of Aberdeen Proving Ground will occur Dec. 21 at noon, making it the primary gate for the Edgewood Area.

When it reopens, the Magnolia Road/Edgewood Road Gate will reduce operating hours to 6 a.m. until 6 p.m. until Dec. 23 when it will close completely. The Route 24 Gate will be open 24 hours per day, 7 days per week.

Construction on the gate began in October 2008, with the Baltimore District of the U.S. Army Corps of Engineers overseeing the project.

The new gate was constructed by Better Built Construction, based in Bethesda, Md., and designed by Jacobs Engineering.

The scope of the \$8.5 million contract included the construction of both the Route 22 and 24 gates.

Unlike the MD Route 715 Gate, which was moved approximately 3,200 feet from its original location, the MD Route 24 Gate remains in the same approximate location as before.

The project added an improved truck inspection lane and provides three identification check lanes. A new visitors' center with additional parking, control center and

vehicle barrier system were also constructed. New canopies will provide protection, lighting and monitoring systems for the Department of Defense police officers who operate the gates. The project also includes improvements to the entry road, traffic control devices and signalized intersection of Magnolia and Hoadley roads.

"Although the upgrades were challenging due to the complex site conditions and environmentally sensitive areas, the new gate at Route 24 brings APG to an important milestone in improving the infrastructure in the Edgewood Area," said Col. Andrew Nelson, APG deputy garrison commander for Transformation. "With the increased capacity and efficiency, we will be in a better position to handle traffic, as well as bring the access control point to current force protection standards."

"The Aberdeen Area has been getting lots of attention with new construction, so it's great to see improvements in Edgewood," Nelson added.

Two major construction projects, the Joint Program Executive Office for Chemical and Biological Defense and the U.S. Army Medical Research Institute of Chemical Defense facilities are other projects underway in the Edgewood Area. The JPEO-CBD facility is scheduled for completion in the June 2011 and the MRICD facility in 2013.

New Army.mil to deliver headlines readers want

Story by C.
TODD LOPEZ
Army News Service

Visitors to **www.Army.mil** will experience a new level of Web customization and personalization never seen before on a military Web site.

The team behind the Army's Web presence has redesigned the service's premier Web site, **www.Army.mil**, with the end-user in mind. Visitors to the site will be able to choose what kind of information they want to see on the front page and have the latest information that meets their criteria presented to them first, every time they visit.

The redesign of the site began more than a year ago, when the Army's Web team began brainstorming on how to meet a directive from the secretary of the Army to create a Web site to showcase a "world-class Army."

"The Web team came together to come up with ideas for how they would create a world-class site, and they came up with the idea of a customizable Web site -- which is the first in the services to provide that," said Patricia Downs, deputy director of the Army's Online Social Media Division.

Downs said the level of customization now possible on the Army.mil site is new inside the Department of Defense. No other site has offered all users, both military and the general public, the ability to log into a site and customize information delivery and appearance options and then save those customizations for reuse on subsequent visits.

It took nearly 16 months for the 23 Web developers, designers and content editors to create that capability, Downs said.

"I'm very proud of them, and of what they've accomplished," she said of the team. "The next step is to get the word out about the site."

To take advantage of the features on the site, users will first need to log in using credentials from AKO, or from select non-military Web sites such as Google, Yahoo! or AOL.

Once logged in, users can personalize their Army.mil experience by adding and configuring any number of "widgets," each of which allows them to view different kinds of information from different sources.

"The best thing about Army.mil is that

See **ARMY.MIL**, page 9



TRAFFIC ALERT

New detours to be posted

DPW

As the weather continues to deteriorate, the impacts on construction will become more frequent and more serious. Consequently, work schedules and activities that have been difficult under good conditions will reflect these worsening conditions.

Work anticipated for this week includes:

On Maryland Boulevard and Boothby Hill Avenue, paving will continue using flaggers and single lane closures.

On Susquehanna Avenue between Bel Air and Havre De Grace streets, the following work is scheduled: On Thursday, Dec. 10, and Friday, Dec. 11, there will be single lane closures from 8:30 a.m. until 3:30 p.m. On Saturday, Dec. 12 and Sunday, Dec. 13, both lanes of the roadway will be completely closed. Signs will be posted to detour motorists around the construction.

In addition, there will be a long term closure of Swan Creek Drive between the building 2184 parking lot and Sydney Park Drive. The closure will begin on or about Dec. 14, and continue until on or about Jan. 15. This closure is to install drainage lines for the U.S. Army Test and Evaluation Command headquarters facility.

For more information, contact Jerry Norris, Directorate of Public Works, 410-306-1159.

CFC exceeds \$375,000, extends to Dec. 30

APG CFC Office

The Aberdeen Proving Ground Combined Federal Campaign has exceeded \$375,000 in donations with more than 1,100 individuals donating.

The campaign has been extended to Dec. 30 to allow for additional online pledging. Interested donors should visit the Online CFC Pledging at http://cfc-nexus.org/_chesapeake.

The APG CFC Office congratulates the Joint Project Manager for Nuclear, Biological Chemical Contamination Avoidance for exceeding organization goals.

The Online Silent Auction raised more than \$3,000 for CFC. The auction is closed and the CFC staff extends a warm thank you to those who donated items for the auction.

See **CFC**, page 5

Izzo leaves podium for final time

Story by
JOSEPH FERRARE
RDECOM

Most people approaching retirement are consumed with thoughts of change and perhaps slowing down, but Maj. Gen. Paul S. Izzo approached the podium at his change of command ceremony at Aberdeen Proving Ground Dec. 4 with thoughts of carrying on and speeding up.

Those things remain key to keeping the Army on the cutting edge of technology, an effort Izzo had been leading as the commander of the U.S. Army Research, Development and Engineering Command.

“Although this morning you witnessed a change of command and my retirement,” Izzo said, “the focus is really on continuation, the continuation of the mission.”

That mission is keeping America’s Army dominant by delivering high-technology solutions to its Warfighters, he said.

“With undisputable certainty, we all have a very challenging future. It is a heavy responsibility to bear for all Americans in uniform and all Americans who are tasked to support our servicemen and women. It is imperative RDECOM continue to remain at the forefront of technology development to meet these challenges.”

The Saratoga Springs, N.Y., native said the command’s workforce of more than 17,000 mostly civilian scientists and engineers is up to the challenge of giving the nation’s Soldiers a decisive technological advantage.

“The command is blessed



Major General Paul S. Izzo says his farewell at his change of command ceremony Dec. 4 after 34 years of ‘hard work and joy.’

with a great work force, a super concentration of winners...a diverse organization in terms of race, gender and ideas. There is great strength in that diversity,” Izzo said.

“We pride ourselves on thinking differently to wage war on institutional bureaucracy and its slowness. RDECOM’s quickness to receive requirements, develop solutions, and rapidly transport those solutions to both Iraq and Afghanistan has saved countless lives,” he said.

Just as leadership is critical on those battlefields, leadership is the key to the RDECOM mission, he explained.

“It is leadership that made the difference. Our managers at

all levels...were able to bring people together to meet the particular challenges of a nation at war, and in doing so they each will leave a legacy of achievement. We must aggressively continue forward.”

Izzo said he didn’t begin his own year of leading the Army’s organic research and development command with a list of objectives from his boss, U.S. Army Materiel Command Commander Gen. Ann E. Dunwoody. He did arrive with personal goals, however.

“I just wanted to make sure that we gave the folks the right training, the right facilities, the right labs and the right equipment, and the right guidance to

make sure we have a first-class organization,” Izzo explained.

“I hope no one considers this an arrogant statement but as pathfinders, through high-spirited innovation and aggressive Lean Six Sigma, we have shifted many paradigms in technology management to achieve a new level. Like Walter Brennan’s character used to say on the popular TV western, “The Guns of Will Sonnet,” when describing the quality of his gun play he said, “no brag just fact.” And the facts flowed from RDECOM’s shared efforts.”

But after that moment of pride in his command, Izzo returned to his theme.

“General Dunwoody, I wish I

could state to you this morning, ‘Mission accomplished!’ I cannot say this, as this command represents a support continuum for our Warfighters. That said, I assure you and everyone listening this morning, our service to our Soldiers from RDECOM is around the clock, and our determination to continue providing our best support will never waver.”

Izzo went on to thank his closest advisors for their support, then widened his expression of gratitude to encompass the local civilian communities that supported RDECOM and the installation.

“My final thanks belongs to this incredible community surrounding APG, and I do mean incredible. You have been so gracious and supportive of all of us at Aberdeen Proving Ground, and I know I speak for all when I say thank you. Clearly, you too are patriots of the highest order.”

Having praised his team and those who support it, Izzo turned his thoughts to how he would carry on.

“In a few moments, I will leave this cherished podium for the final time. As many times before my wife Kathy will join me by my side as we say our final thanks and good-byes. After thirty-four years of hard work and joy, after putting everything we had into this calling, it will be extremely hard to turn off our emotional attachment to the Army and just walk away. But drawing on the support and good wishes of our family and all the great friends Kathy and I have made throughout our time serving this incredible Army I think we will be all right,” Izzo said.

Command adopts two suggestions by CHPPM scientist

Story by
YVONNE JOHNSON
APG News

Two suggestions by one U.S. Army Center for Health Promotion and Preventive Medicine employee have been adopted by the local command and Army-wide.

Joseph B. Sutphin, a CHPPM environmental scientist, submitted two suggestions supporting environmental health air sampling for U.S. forces in deployed settings. Both ideas were projected to produce a combined first-year savings of nearly \$300,000 as well as improve the safety of flight crews, equipment operators and deployed Soldiers.

One mission of environmental scientists is the monitoring of the air to ensure it is free of hazards for Soldiers, civilians, contractors and multi-coalition forces serving in theater.

Air monitoring began in the early 1990s when CHPPM personnel were sent to the Persian Gulf to monitor the oil well fires over concerns about health effects on Soldiers.

“Companion samplers at the time weighed one-hundred forty pounds and operated from an AC power source,” Sutphin said.

Seven years later, scientists were using a battery operated sampler that was much smaller.

“The battery operated smaller sampler was a stand-alone stationary sampler that was smaller, self-contained, and weighed eighty-eight pounds.”

Major Scott H. Newkirk, CHPPM program manager for the Deployment Environmental Surveillance Program, said that while special teams were sent

out in the early 1990s, today, thanks to upgrades and simplifications in technology, deployed personnel can perform air sampling procedures themselves.

“CHPPM personnel travel throughout the country training personnel on these sampling procedures,” Newkirk said.

Sutphin, who has been with the program since 1991, said he realized that despite improvements, the samplers still had “lots of problems,” and research revealed that the company that manufactured the items used industrial hygiene type products. They agreed to modify the equipment and produce a new sampler.

The new sampler weighed 16 to 20 pounds and collects the same amount of sampling and is much less expensive, Sutphin said.

“It collects identical samples, the database is unchanged, it’s much lighter, user-friendly and battery operated,” he said.

In addition, CHPPM’s laboratory can now look for toxic metals as well as airborne particles and samples can be transported for analysis in disposable Petri dishes.

“We do two to five-thousand particle samples annually and archive all the data,” Sutphin said. “The key is to re-look at samples that were once considered benign.”

“It also enables us to send health risk assessments to commanders on the ground,” Newkirk said.

The Deployable Particulate Sampler is in use throughout the CHPPM organizations in the states and overseas as well as in the Air Force, Navy and the Canadian Defense forces.

Sutphin’s subsequent sug-



armysuggestion program

gestion, for the Deployable Cartridge Sampler was actually a modification of the DPS.

From proposal to approval for both suggestions took about two years.

Sutphin described himself as “very passionate” about his work. “I will lie in bed at night thinking about how to do things better,” he said.

The greatest advantage he said is that the samplers are user friendly and easily transported.

“What’s become important is the training,” he said. “Now, everyone has the exact same training. All services are on the same page and they’re all using the same equipment.

“Our success is due to cooperation between manufacturers and scientists,” he added. “As long as we can cooperate we can do great things.”

Sutphin received two Department of the Army commendations - one in 2008 and the other in 2009 - as well as monetary awards for his suggestions.

The 2008 commendation read in part that as a result of Sutphin’s idea, “CHPPM, in coordination with the manufacturer, modified and beta tested the Deployable Particulate Sampler in order to support environmental health air sampling for U.S. Forces in deployed settings. These improved devices saved thousands of hours of field calibrations as well as increasing the safety of the flight crew, oper-

ators and Soldiers by eliminating the need to handle hexane, a highly flammable chemical. Annual first year savings of \$221, 540 will be realized along with other intangible benefits.

The 2009 commendation reads in part that as a result of his idea, “CHPPM has replaced the PUF sampler with a smaller and lighter Deployable Cartridge Sampler, or DCS, which is now being used to support environmental air sampling for U.S. forces deployed worldwide. These improved devices are smaller, lighter, more effective and easier to operate than the PUF Sampler. Implementation of this suggestion also improves the laboratory processing time and reduces the hazard to lab workers by eliminating the use of extremely hazardous solvents in the extraction process, thus reducing the risk of harmful chemical exposure to Army personnel. Annual first-year savings of \$73,729 will be realized along with other intangible benefits.

APG Army Suggestion Program

Marge Sexton is the installation suggestion program coordinator. She encourages everyone and anyone with ideas about doing things smarter, faster and more efficiently to consider making a suggestion. It doesn’t have to be complicated.

“Mister Sutphin had two suggestions adopted by CHPPM because his suggestions fell

within the needs of the organization,” Sexton said. “This is an installation commander program and we want everyone to know that they can submit all suggestions through this office.”

She said that suggestions don’t have to be “high tech” or “complicated.”

“We’ve adopted suggestions from installing sidewalks to ice and snow removal,” she said.

Joseph Sutphin was nominated for the Department of the Army Civilian Suggestion of the Year ‘08 by the Army Suggestion Program. To submit suggestions, visit the Web site <https://armysuggestions.army.mil> or call Sexton at 410-278-0944, or e-mail marjorie.sexton@us.army.mil.

Suggestions save:

Lives – With every innovation of equipment, change in procedure or new invention comes an intangible savings – U.S. Soldier’s lives.

Money – In uncertain economic times, monetary savings count. For suggestions approved since the beginning of 2004, the Army is saving an estimated \$40 million annually.

Time – If a process takes too long and a solution is submitted through the Army Suggestion Program, the savings are measurable. Time is a valuable commodity for every member of the Army.

APG News

The APG News, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the APG News are not necessarily official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army or the U.S. Army Garrison, Aberdeen Proving Ground. The newspaper is published weekly by the APG Public Affairs Office, ATTN: IMNE-APG-PA, Building 2201, APG, MD 21005-5001, 410-278-1150. Printed circulation is 8,900. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal oppor-

tunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source.

Editorial content is prepared, edited and approved by the APG Public Affairs Office. The APG News is printed by Homestead Publishing Company, a private firm in no way connected with the Department of the Army, under exclusive written contract with APG. The civilian printer is responsible for commercial advertising and mailing. To obtain a yearly subscription, which costs \$16, the price for weekly mailing, or for problems with incorrect mailing addresses, contact the publisher at 10 Hays Street, Bel Air, MD 21014, or call 410-838-0611. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of the Army or Homestead Publishing Company of the products or services advertised.

For advertising matters, call Homestead Publishing, 410-838-4400. Send articles or information for publication to the APG Public Affairs Office, Building 2201, IMNE-APG-

PA, APG, MD 21005-5001; call the editor at 410-278-1150, DSN 298-1150; send a fax to 410-278-2570; send e-mail to editor-apg@conus.army.mil or debi.horne@us.army.mil or contact reporters Yvonne Johnson at yvonne.johnson5@us.army.mil or 410-278-1148 or Rachel Ponder at rachel.ponder@us.army.mil or 410-278-1149.

Deadline for copy is Thursday at noon for the following Thursday’s paper.

Staff

APG Commander Maj. Gen. Nickolas G. Justice
APG Garrison Commander Col. Orlando W. Ortiz
Public Affairs Officer George P. Mercer
Editor Debi Horne
Editorial Assistant Marguerite Towson
Contract Photojournalists Yvonne Johnson
..... Rachel Ponder
Graphic Designer/Web Designer Nick Pentz
Web site www.apgnews.apg.army.mil

Commentary: Resourcing the Army Home

Installation funding levels on the decline

By
LT GEN RICK LYNCH
IMCOM

In recent years, the Army and its installations have enjoyed unprecedented levels of funding. In fiscal year 2008, the Army hit a high water mark in its fiscal history with a total annual budget exceeding \$250 billion—three times more than the FY 2001 funding level.

Much of this growth is attributed to funding the war, rebalancing our Army through investments in Army’s force structure, equipment, infrastructure and key Soldier and Family programs.

Funding levels of this magnitude are unsustainable year after the year, and as the country faces some stiff economic challenges, we are forced to reduce funding and exact a greater level of stewardship over our resources.

The Installation Management Command – like other commands throughout our Army – will operate at reduced funding levels. This means that starting in 2010, performance levels for some installation services will be notably less than what we have had in recent years and will remain at that level for the foreseeable future.



Our challenge is to ensure those key, higher priority programs across our installations do not suffer. We will maintain our full support to life, health and safety programs, the Army Family Covenant and those services that prepare our Soldier and their Families for deployment in support of the Army’s Force Generation model. These are non-negotiables that will remain fully fund-

ed. This is our commitment; we will not depart from it.

However, there will be other installation services that will clearly be reduced.

We have grown accustomed to some very high levels of service across the board in recent years, and we all need to be forthcoming with the expectation that things will be different in some areas. Help manage this expectation across your garrisons. Educate everyone as to which changes they can expect to see. A simple explanation can go a long way to helping understand the changes some of our installation services will undergo.

Across the Army’s installations, we can do much to help ourselves by becoming better stewards of our resources. It starts with the individual; everybody has a role. Simple things like turning the lights off, powering down your computer at night, driving tactical vehicles instead of TMP vehicles or conducting a VTC instead of traveling to a distant site unnecessarily all save money – and no savings is too small to forego.

Commanders and leaders across the installation have a key role and are

responsible for the efficient use of our resources. Costs should be an inherent consideration in your every decision. We too often marginalize this key factor in making good, resource-informed decisions but we can no longer afford to do so.

As I travel throughout the Army community, I carry the message that we can do business smarter and more efficiently without sacrificing the quality of service that our Soldiers and their Families so richly deserve.

I challenge everyone to do the same; to work together to ensure that those key installation programs that mean so much are well resourced and operated; that we do away with wasteful and unnecessary spending.

Every person – whether you are a Soldier, Family member, one of our great DA civilians or a contractor serving our Army – is needed and can make a difference.

Ask yourself if you are doing the right things and then, are you doing them right. Doing things right means doing them in the most cost efficient way without sacrificing effectiveness.

Army Strong

Justice

From front page

applauded the decision to name Justice commander following his departure.

“Welcome to RDECOM,” Izzo said. “You are the perfect match for this job, and I depart knowing this great team is in very capable and caring hands.”

Dunwoody thanked Izzo for his service and congratulated him on his accomplishments and his ability to lead RDECOM in the right direction. His impact on the command will be his “towering legacy.”

“You and everyone in the RDECOM team should be very, very proud of your many accomplishments. Under [your] watch RDECOM has received wide recognition through scores of awards earned just this year. These honors are a tribute to [you], the RDECOM leadership – many of you here today, and the dedicated talent of the workforce,” the AMC commander said.

Izzo said he was proud of his time at RDECOM, and although not every decision was easy, he said he believes the choices he made advanced the command and resulted in better prepared Soldiers.

“Tremendous strides have been made in accelerating the responsiveness to our Warfighters. Each deserves the best we can offer in return for their dedicated service during these difficult times. RDECOM’s quickness to receive requirements, develop solutions, and rapidly transport those solutions to both Iraq and Afghanistan has saved countless lives. I cannot be prouder of this command,” the retiring Soldier said.

The veteran of almost 35 years thanked the RDECOM Soldiers and civilian employees for their passion and dedication, saying they make this command strong.

“[RDECOM] is blessed with a great workforce. What a super concentration in combination of winners, a diverse organization in terms of race, gender, and ideas. And there is great strength in that diversity,” Izzo said.



Photo courtesy of RDECOM
General Ann E. Dunwoody, U.S. Army Materiel Command commanding general, right, passes the U.S. Army Research, Development and Engineering Command colors to Maj. Gen. Nickolas G. Justice in a Dec. 4 change of command ceremony at the Aberdeen Area Recreation Center.

20th SUPCOM conducts capability exercise

Story and photos by
MAJ. ROBERT MOORE
20th Support Command (CBRNE)

Many interested parties learned a great deal about the 20th Support Command (Chemical, Biological, Radiological, Nuclear and high-yield Explosives) during a capability exercise held Dec. 1 at a field site on the Edgewood Area of Aberdeen Proving Ground.

The CAPEX was conducted in two sessions -- the first for invited media, the second for command and invited guests.

Colonel Thomas Cartledge, the CBRNE Command's chief of staff, kicked off the exercise by giving the media an unclassified command briefing, including a review of the command's five-year history and a glimpse of the way ahead.

"The reason we conduct these CAPEX exercises is to demonstrate our unique capabilities to those outside the CBRNE world," Cartledge said.

The 20th SUPCOM is roughly the size of an Army division, approximately 5,000 Soldiers, he said.

"The normal maneuver division has about twelve thousand Soldiers, but many of those Soldiers are medical, logistics or other support roles," Cartledge explained. "A great percentage of 20th SUPCOM Soldiers are CBRNE specialists."

CBRNE Soldiers from Company C, 22d Chemical Battalion, donned personal protective equipment and simulated the initial entry and clearing of a building suspected to be a clandestine lab. Once determined safe to enter, specially-trained chemical warfare Soldiers conducted a sensitive site assessment and gathered samples from the building.

The CBRNE Soldiers properly secured the samples and moved them to a mobile field lab where they would be tested by members of the CBRNE Analytical and Remediation Activity.

The Soldiers then demonstrated decontamination procedures by removing the sealing tape on their protective garments and masks and stepping into a collapsible tub where they were "washed" with a dry compound.

"This process decontaminates the Soldiers' protective boots and prevents any potentially contaminated material from falling on the ground and spreading to other Soldiers and equipment," explained team leader Sgt. 1st Class Joe Johnson.

The decontamination process included the transfer of the sample from the Soldiers to a technician holding a metal



CBRNE Soldiers from Company C, 22d Chemical Battalion, demonstrate decontamination procedures under the watchful eye of the media.

transportation device. The "sample" was taken from a plastic bag and checked for any contaminants before being signed for by the technician.

"There is a precise chain of custody that accompanies each sample," Johnson said.

The sample went to a nearby mobile lab for preliminary analysis. The equipment to transport the sample from the field to a larger lab for more in-depth analysis was also displayed.

The command's Nuclear Disablement Team presented a static display of their equipment, and the command's Coordination Elements exhibited the mobile command post called "The Sentinel." This vehicle, which supports many exercises and events, including the most recent presidential inauguration, is equipped with cameras to view objects and structures from a distance and state-of-the-art satellite communication systems.

Explosive Ordnance Disposal Soldiers displayed equipment organic to their mission, including the 90-pound bomb suit, cutting torches, saws and battering rams used to enter buildings or vehicles, and various protective suits used in dif-



Explosive ordnance technician Sgt. Christopher Morabito from Headquarters Company, 22d Chemical Battalion controls the movements of the Talon, the robot that EOD elements deploy in the battle against improvised explosive devices.

ferent environments. The EOD Soldiers finished by demonstrating the remote-controlled robot, called the Talon, used to view and analyze potential explosive devices.

"Robots provide long-range reconnaissance and remote disruption of improvised explosive devices," said Staff Sgt. Christopher Phillips, EOD team leader.



Mary Jane Jernigan, president of the Aberdeen Chapter of the Association of the United States Army, center, accepts chapter awards from Nicholas D. Chabraja, chairman of the Board AUSA National, left, and AUSA president and former Army Chief of Staff retired Gen. Gordon Sullivan, right, during the annual awards presentation in Washington, D.C. Oct. 9.

AUSA completes busy year of activities

Story and photo by
YVONNE JOHNSON
APG New

The Aberdeen Chapter of the Association of the United States Army is concluding a busy year that is highlighted by the donation of thousands of dollars to Aberdeen Proving Ground Soldiers and to local charities.

The chapter is in its second year of renewed activity under the leadership of chapter president Mary Jane Jernigan.

“I am honored to serve as the president of the Aberdeen chapter of AUSA,” Jernigan said, “and I appreciate the support of our members, board of directors, APG, defense contractors, AUSA National and the local community.

Jernigan said the year was filled with activities supporting APG service members as well as those deployed; specifically, members of the 20th Support Command (CBRNE).

Activities in 2009 included transportation of Soldiers and civilians to the annual AUSA Convention in Washington, D.C. in October; sponsorship of the APG Army Birthday Ball in June and the 2nd Annual AUSA Soldier Appreciation Picnic in August. In addition, the chapter has donated \$1,000 for Soldiers to attend the APG Holiday Ball to be held Dec. 18 at Top of the Bay.

Jernigan expressed her thanks to the numerous guest speakers from APG and Army leadership who attended the chapter’s monthly meetings.

“We had so many distinguished guests who were willing to come out and support our chapter and its goals,” she said. Guest speakers in 2009 included Wimpy Pybus, deputy assistant secretary of the Army Acquisition Policy and Logistics; Gen. Benjamin Griffin, former commander of the U.S. Army Materiel Command; Maj. Gen. Paul S. Izzo, former commander of the U.S. Army Research, Development and Engineer-

ing Command; Brig. Gen. Jeffrey Snow, commander of the 20th Support Command (CBRNE); Gerry Darsh, director of the Department of Defense Combat Feeding Program; Richard Decker, technical director of the Edgewood Chemical Biological Center; Gary Blohm, director of the Communications-Electronics Research, Development and Engineering Center; Brian Simmons, director of the Army Evaluation Center, Gary Martin, deputy to the RDECOM commander; and Tim McNamara, deputy to the APG Garrison commander.

The chapter was recognized for its work during the annual convention in October when it received 18 awards from AUSA National Headquarters. They included Best Overall Chapter, Best Chapter Newsletter, Best Chapter in Pursuit of AUSA Objectives, Excellence in Corporate Membership Growth, Best Corporate Member Support, and others.

Jernigan said the chapter was honored to receive both local and national recognition for the work it’s done in the last 18 months. The thanked her board of directors for their “tireless hard work and support.”

The Aberdeen Chapter Board of Directors include Trish Weiss, 1st vice president; Bill Oberholtzer, vice president; Bill Suchting, vice president; Carrie Melvern, treasurer; Amanda Burgos, secretary; and department leaders who include APG Garrison Command Sgt. Maj. Rodney Rhoades, military advisor.

“Our chapter is a vibrant force in our community,” Jernigan said. “We are the voice of the Army and support for the Soldier.”

For more information about the Aberdeen Chapter of AUSA, visit the chapter Web site at www.ause-aberdeen.org.

CFC

From front page

The APG CFC Office staff will accept donations and sell food and drinks during the APG 2009 Rudolph Run, a 5K fun run/walk fundraiser to be held 3 p.m., Dec. 10, starting at the Aberdeen Area Athletic Center.

For more information, or to make a contribution, contact a CFC key worker, visit the APG CFC Office in Top of Bay, Down Under, building 30, or call 410-278-9913 or 9915.



Veterans’ Voices

Secretary Shinseki details plan to end homelessness for veterans Five-year plan unveiled at Homeless Summit

www.va.gov

During the “VA National Summit Ending Homelessness among Veterans,” in November, Secretary of Veterans Affairs Eric K. Shinseki unveiled the department’s comprehensive plan to end homelessness among veterans by marshalling the resources of government, business and the private sector.

“President Obama and I are personally committed to ending homelessness among veterans within the next five years,” Shinseki said. “Those who have served this nation as veterans should never find themselves on the streets, living without care and without hope.”

Shinseki’s comprehensive plan to end homelessness includes preventive measures like discharge planning for incarcerated Veterans re-entering society, supportive services for low-income veterans and their Families and a national referral center to link Veterans to local service providers. Additionally, the plan

calls for expanded efforts for education, jobs, health care and housing.

“Our plan enlarges the scope of VA’s efforts to combat homelessness,” said Shinseki. “In the past, VA focused largely on getting homeless veterans off the streets. Our five-year plan aims also at preventing them from ever ending up homeless.”

Other features of the plan outlined by Shinseki include:

- The new Post-9/11 GI Bill provides a powerful option for qualified Veterans to pursue a fully funded degree program at a state college or university. It is a major component of the fight against veteran homelessness.
- VA is collaborating with the Small Business Administration and the General Services Administration to certify veteran-owned small businesses and service-disabled Veteran-owned small businesses for listing on the Federal Supply Register, which enhances their visibility and competitiveness – creating jobs for veterans.

- VA will spend \$3.2 billion next year to prevent and reduce homelessness among veterans. That includes \$2.7 billion on medical services and more than \$500 million on specific homeless programs.

- VA aggressively diagnoses and treats the unseen wounds of war that often lead to homelessness – severe isolation, dysfunctional behaviors, depression and substance abuse. Last week, VA and the Defense Department cosponsored a national summit on mental health that will help both agencies better coordinate mental health efforts.

- VA partners with more than 600 community organizations to provide transitional housing to 20,000 veterans. It also works with 240 public housing authorities to provide permanent housing to homeless veterans and their Families under a partnership with the Department of Housing and Urban Development. The VA/HUD partnership will provide permanent housing to more than 20,000 veterans and their Families.



Over the duration of the conference it is expected that more than 1,200 homeless service providers from federal and state agencies, the business community, and faith-based and community providers will attend and participate in the summit.

“This is not a summit on homelessness among veterans,” added Shinseki “It’s a summit on ending homelessness among veterans.”

Secretary Shinseki announces study of Vietnam-era women veterans Comprehensive study will help VA provide high-quality care

www.va.gov

Secretary of Veterans Affairs Eric K. Shinseki announced the Department of Veterans Affairs is launching a comprehensive study of women veterans who served in the military during the Vietnam War to explore the effects of their military service upon their mental and physical health.

“One of my top priorities is to meet the needs of women veterans,” said Secretary Shinseki. “Our veterans have earned the very best care. I realize that women veterans require specialized programs, and this study will help VA provide high-quality care for women Veterans of the Vietnam era.”

The study, which began in November and will last for more than four years, will contact approximately 10,000 women in a mailed survey, telephone interview and a review of their medical records.

As women Vietnam veterans approach their mid-sixties, it is important to understand the impact of wartime deployment on health and mental outcomes nearly 40 years later. The study will assess the prevalence of post-traumatic stress disorder and other mental and physical health conditions for women Vietnam veterans and explore the relationship between PTSD and other conditions.

VA will study women Vietnam veterans who may have had direct exposure to traumatic events, and for the first time, study those who served in facilities near Vietnam. These women may have had similar, but less direct exposures. Both women veterans who receive their health care from VA and those who receive health care from other providers will be contacted to determine the prevalence of a variety of health conditions.

About 250,000 women veterans

served in the military during the Vietnam War and about 7,000 were in or near Vietnam. Those who were in Vietnam, those who served elsewhere in Southeast Asia and those who served in the United States are potential study participants.

The study represents to date the most comprehensive examination of a group of women Vietnam veterans, and will be used to shape future research on women veterans in future wars. Such an understanding will lay the groundwork for planning and providing appropriate services for women veterans, as well as for the aging veteran population today.

Women veterans are one of the fastest growing segments of the veteran population. There are approximately 1.8 million women veterans among the nation’s total of 23 million living veterans. Women comprise 7.8 percent of the total veteran population and nearly 5.5 percent

of all veterans who use VA health care services. VA estimates women veterans will constitute 10.5 percent of the veteran population by 2020 and 9.5 percent of all VA patients.

In recent years, VA has undertaken a number of initiatives to create or enhance services for women veterans, including the implementation of comprehensive primary care throughout the nation, staffing every VA medical center with a women veterans program manager, supporting a multifaceted research program on women’s health, improving communication and outreach to women veterans, and continuing the operation of organizations like the Center for Women Veterans and the Women Veterans Health Strategic Healthcare Group.

The study, to be managed by VA’s Cooperative Studies Program, is projected to cost \$5.6 million.

Community Notes

**FRIDAY
DECEMBER 11
OWL PROWL**

Come out for a night hike in the bot-tomland forest of Bosely Conservan-cy to search for the owls that call this marshy forest home. This program will be held 6:30 to 8 p.m. for ages 10 to adult. The cost is \$3 per person. Registration is required. For more information, to register or for directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

**FRIDAY THRU SUNDAY
DECEMBER 11 THRU 13
CHRISTMAS OPEN HOUSE AT
LADEW TOPIARY GARDENS**

Ladew Topiary Gardens located on 3535 Jarrettsville Pike, Monkton, Md., will hold a Christmas Open House, 11 a.m. to 4 p.m. Dec. 11 through 13. Enjoy a self-guided tour to see how designers and garden clubs inter-pret their favorite Christmas poems in each of the nine rooms in the Ladew Manor House. Festivities include live seasonal music, hot cider, cookies, and a greens sale of fresh holiday dec-orations, including varieties of loose greens for visitors to create their own holiday centerpiece. Cost of admission is free for mem-bers; adults pay \$10 each; seniors and students pay \$8 each; and children ages 12 and under pay \$2 each.

**SATURDAY
DECEMBER 12
BREAKFAST WITH SANTA**

The Mt. Ararat Lodge No. 44, Nelson J. Briggs Demolay Chapter located on 136 East Gordon Street, Bel Air, will hold Breakfast with Santa, 8 to 11 a.m. There will be gifts for the chil-dren from Santa and door prizes. Photos taken with Santa cost \$6 each and include card and enve-lope. Breakfast costs \$6 for adults and \$3 for children ages 12 and under. The Child Identification Program will be available at no cost. Menu includes eggs, sausage, pancakes, cereal, milk, juice, coffee and tea. For more information, to purchase tickets or to reserve a table, call Con-nie Beardsley, 410-420-1002 or Russ Bonchu, 443-528-7717.

WHITE TAILED DEER SURVEY

Harford County seems to be experi-encing explosive population growth - and not just with humans. So, come help determine if the deer population of Leight Park is a healthy size. Come get the scoop on poop and conduct pellet (deer scat) counts out on the trails to determine how many deer call the Park home. This free program will be held 9 a.m. to noon for ages 16 to adult. Registration is required. For more information, to register or for directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

BRING OUT YOUR BONES

Learn the basics of identifying bones found in nature, then do a little chick-en wing dissection (and eating), after washing hands, of course. This pro-gram will be held 1 to 2 p.m. for ages 8 to adult. The cost is \$4 per person. Registration is required. For more information, to register or for directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

THE WORLD THROUGH THE MICROSCOPE

Examine the living and nonliving world at a microscopic level, using the tools of professional scientists. This program will be held 3 to 4 p.m. for ages 10 to 16. The cost is \$3 per person. Registration is required. For more information, to register or for directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

**SUNDAY
DECEMBER 13
THIRD ANNUAL CHRISTMAS TEA**

The Chesapeake Heritage Conservan-cy will host a Christmas Tea, 1 p.m., at the Vandiver Inn, 301 South Union Avenue, Havre de Grace. Tickets cost \$30 per person in advance (tickets are limited) and include four-course meal, tea, door prizes and a silent auction. This is an elegant tea fit for royalty (hats optional). Proceeds will ben-efit the Conservancy and the Skip-jack Martha Lewis. Reservations are required. For more information or to purchase tickets, call 410-939-4078 or visit the Havre de Grace Visitors Center located on 405 Pennington Avenue.

**37TH CANDELIGHT TOUR OF
HISTORIC HAVRE DE GRACE
HOMES**

The 37th Annual Candlelight Tour will take place 4 to 8 p.m. Visit historic Havre de Grace and architecturally interesting homes, shops, churches and museums. This year’s theme is “Arts by the Bay.” Each home will dis-play works of art collected by featured homeowners. The Lockhouse Ladies Boutique will open noon to 8 p.m. at the Susquehanna Lockhouse Muse-um. There will many Christmas crafts and baked goods. Tickets cost \$15 per person and are available at the Havre de Grace Visitor Center located at 450 Pennington Avenue. Proceeds benefit the Susquehanna Lockhouse Muse-um. For more information, call Gary Wasielewski, 410-939-5780, e-mail director@lockhousemuseum.org or visit www.lockhousemuseum.org.

BEADED SNOWFLAKES

Create stunning, glistening snow-flakes for decoration or as a gift. Hot chocolate and music will spark creativity. This program will be held 2:30 to 4 p.m. for ages 12 to adult. The cost is \$8 per person. Registration is required. For more information, to register or for directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

CHURCH ANNIVERSARY CELEBRATION

Everyone is cordially invited to wor-ship with Bread of Life Church, 14 Aberdeen Shopping Plaza. The church will celebrate its 8th anniversary, 3 p.m. Guest Speaker will be Reverend Dr. Earl B. Mason, Sr. of Bible Based Fellowship Church of Temple Terrace, Tampa, Florida. For more information, call 410-273-1660 or www.breadoflifeministries.org.

**WEDNESDAY
DECEMBER 16
OPERATION: MILITARY KIDS
FAMILY HOLIDAY PARTY**

There will be an Operation: Military Kids Holiday Party, 6 to 9 p.m., Dec. 16 at Pump It Up, 7184 Troy Hill Drive, Suite H, Elkridge, Md. (behind the Har-ley Davidson). Pump It Up of Elkridge joins with Maryland Operation: Mil-itary Kids for some jumping good holi-

day fun. Enjoy the evening with jump-ing, dinner, goodies and a picture with Santa for only \$5 per Family. All mili-tary Families are welcome. First come, first served registration, for the first 100 people. For prepaid registration over the phone, call Pump It Up, 410-579-1122, and mention Operation Mil-itary Kids by Dec. 14. Entry is not per-mitted without registration before the above deadline and a military ID. All participants must wear socks. For more information or directions, call Megan Baker, 301-405-2833 or e-mail mbaker11@umd.edu; call 410-579-1122 or visit www.pumpitupparty.com

**WEDNESDAY
DECEMBER 16
AUSA MEETING**

The Aberdeen Chapter of the Associa-tion of the U.S. Army will hold its next meeting 11:30 a.m. to 1 p.m., Dec. 16, at Top of the Bay. Guest speaker will be Jennifer Zbozny, director, PEO C3T Technical Management Directorate. Cost to attend is \$20 per person and a bag of microwave popcorn to send to the unit AUSA supports in Iraq. RSVP is required. For more information or to RSVP, e-mail c2402@ausa.org.

**SATURDAY
DECEMBER 19
TEXAS HOLD’EM**

American Legion Susquehanna Post 135, 300 Cherry Street, Perryville, will hold a day of Texas Hold’em. The first game starts at 1 p.m., the second game starts at 6 p.m. Register by noon and 5 p.m. with a \$50 buy in. First-come, first-served. There will be side tables. Sandwiches and light fare will be available. For more information, call 410-642-2771.

CRITTER DINNER TIME

Come watch the turtles, fish and snakes eat while learning more about these fascinating creatures. This free program will be held at 10:30 a.m. for all ages. No registration required. For more information or for directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

(Editors Note: More calendar events can be seen at www.apgnews.apg.army.mil under Community Notes.)

18, Oct. 20 and Dec. 15. Class size will be limited to 30 participants. For more information or to register, call Mike Davis, 410-306-0572, or e-mail Michael.ray.davis@us.army.mil.

ACS announces ‘Holiday Sponsor Program’

With the holiday season fast approach-ing, the nation is facing its greatest economic challenge since the great depression while still fighting the War on Terrorism in Iraq and Afghanistan. The APG community is constantly remind-ed of the great sacrifices of the men and women in the U.S. Armed Forces. During these difficult and stressful times, some military Families are expe-riencing financial hardship and require additional assistance. Army Commu-nity Service works closely with these military Families providing supportive services throughout the year. To make this holiday season a little bit brighter for some of these Families, ACS is hosting the Holiday Sponsor program. Individuals, groups, and/or agencies desiring to sponsor a military Family can contact Arcelio V. Alleyne, ACS Finan-cial Readiness program manager, 410-278-2450, fax 410.278.9685, or e-mail arcelio.alleyne@us.army.mil.

BRAC contract Fraud, Waste, Abuse hotline opens at APG

Anyone with knowledge of contract fraud, waste, abuse or allegations of mismanagement involving base realign-ment and closure related construction and maintenance operations on Aber-deen Proving Ground can speak to an agent at 410-278-0206 or e-mail cid382.maryland@us.army.mil. Calls can be made anonymously and confidentially.

Getting help with heroin addiction

The use of heroin and cocaine is on the rise in Maryland. Heroin will likely remain one of the largest problems in the state, and will likely continue to spread. Find out what to do to help. For a bro-chure about the signs of addiction, call Narconon, 877-413-3073, or visit www.DrugsNo.com.

(Editors Note: More Shorts can be seen at www.apgnews.apg.army.mil under Shorts.)

Post Shorts

clinic. Emergency rooms do not require a referral.

2009 FMWR 5K Rudolph Run [2K walk]

The “2009 FMWR 5K Rudolph Run” will take place 3 p.m., Dec. 10, at the Aberdeen Area Recreation Center, build-ing 3326. This event will support the Chesapeake Bay Area Combined Feder-al Campaign. Participants can sign up for either a 5K run or two-mile walk. The entrance fee costs \$20 per person; \$10 will be donat-ed to a CFC charity of the participant’s choice. Participants will receive a long sleeve T-shirt and prizes will be awarded for the top three military male and female and the top three civilian male and female participants. Awards also will be present-ed for the first team of four walkers who cross the finish line together. Charm City Run will provide the par-ticipant’s numbers, times and official timekeeping for the event. Drinks and food will be served throughout the event. A pre-registration process is currently being set up. Regis-tration will be held noon to 2:30 p.m. on the day of the event. More details will follow. For more information, call Maj. Matt Petraitis, 410-278-3000 or e-mail

mathieu.petraitis@us.army.mil.

Virtual Job Fair Dec. 10 - 20

The Susquehanna Workforce Net-work is sponsoring the first Virtual Job Fair in the region Dec. 10 through 20. This virtual event is specifically targeted for organizations seeking to recruit future employees to fill acqui-sition, engineering and technology positions. The Virtual Fair has the capacity to meet the increased volume of hiring demands of local businesses by attract-ing a local, regional and national pool of skilled employees through the inter-net. Instantaneous job applications and job specific profiles will be processed through a designated Web site, 24 hours a day for 11 days. For more information, contact the Susquehanna Workforce Network, 410-939-4240 or visit <http://www.swnet-work.org/>.

Blood drive for the troops Dec. 17

Support the troops by donating blood. The Armed Services Blood Program blood drive will be held noon to 4 p.m., Dec. 17, at the Aberdeen Area Recre-ation Center, building 3326. The blood drive is open to everyone.

APG Holiday Ball Dec. 18

APG PAO

Aberdeen Proving Ground is having a Holiday Ball, 6:30 p.m. to midnight, Dec. 18 at Top of the Bay, building 30. Alternate weather date is Dec. 19. The public is invited. The event will be a tribute to the Army’s celebration of The Year of the Noncommissioned Officer. The evening will be filled with mili-tary pageantry fitting for the occa-sion: live dinner music by the U.S. Army Materiel Command Jazz Band, hors d’oevres, full service three-course dinner including dessert, cake cutting ceremony, followed by dancing with music by Premier Mobile DJ. Tickets will be sold on a first-come, first-served basis through Dec. 1. Tickets will not be sold at the door. Tickets cost \$40 per person. Alcoholic beverages will be available for separate purchase. Dress is semi-formal for civilians

and dress service uniform (with bow tie) for military. Retirees may wear military service dress blues or apply medals to proper civilian attire. The visiting public must use the Route 715 Gate to access APG. Be pre-pared to show photo ID and vehicle registration to gain access. Disabled parking at and access to Top of the Bay is available. In case of inclement weather, call 410-278-7669 (SNOW). To make a reservation, visit www.apgmwr.com and select the “events” menu. Tickets may be purchased via credit card on the Web site or mail a check payable to FMWR Marketing to P. O. Box 627, APG, MD 21005-0627; or, for more information, call 410-278-1364/4698. For more information, call Maj. Mathieu Petraitis, 410-278-2104 or e-mail mathieu.petraitis@us.army.mil.

For more information or to make an appointment, call 301-295-2109 or visit www.militaryblood.dod.mil.

Vet Clinic on Dec. 12

The APG Veterinary Treatment Fac-ility will hold a Saturday clinic, 9 a.m. to noon, Dec. 12, performing vaccinations, microchipping, routine examinations and laboratory testing (heartworm parasites). See page 11 for more details.

Free basketball tickets for military

Camouflage Kids, Inc. offers free tick-ets to see Lafayette College vs. Navy, 7 p.m., Jan. 16, at Alumni Hall Arena, Annapolis, Md. There are a limited num-ber of free tickets for adults and children. Tickets are provided on a first-come first-served basis. All Families from the U.S. Naval Academy and all military branch-es from the Maryland, Virginia and D.C. area are eligible for tickets. It is requested that each Family lim-it their ticket request to a maximum of six tickets with a ratio of two adults and four children. All children must have adult supervision at the game. Tick-ets are for immediate Family members only. All Families should arrive one and one-half hours prior to game time so that the program can get organized for the event. For more information, call Beth Stoddard, 410-576-2994, e-mail theresa.stoddard@us.army.mil or visit www.camokids.org/games.cfm.

Mailing holiday military mail overseas

For instructions and dates to send mail overseas, visit www.apgnews.apg.army.mil, Oct. 29 issue, page 8.

CPR, AED classes available

Aberdeen Proving Ground Fire and Emergency Services is offering CPR and automated external defibrillator class-es on APG. Two classes will be held 9 a.m. to noon and 1 to 4 p.m., the third Wednes-day of each month. In the Aberdeen Area, classes will be held at the Post Chapel, classroom 3, Jan. 20, March 17, May 19, July 21, Sept. 15 and Nov. 17. In the Edgewood Area, classes will be held at the Conference Center, building E-4810, Feb. 17, April 21, June 16, Aug.



Carbon monoxide poisoning a real danger

DPW

Carbon monoxide poisoning during the heating season is a problem and concern that requires attention by all home owners.

This heating season, the Aberdeen Proving Ground Directorate of Public Works has responded to one carbon monoxide alarm in an Aberdeen Area residence. The alarm was triggered by a malfunctioning furnace exhaust. With an audible CO alarm and a quick call to 911 by the occupants, the fire department and maintenance technicians were dispatched to the home, with no injuries reported.

“Having and knowing your own response ahead of time should your home’s CO detector alarm sound will ensure a safe outcome,” said Fred Orr, DPW.

To increase awareness and ensure everyone’s safety, the DPW and Fire Department are making door to door visits during the first two weeks of December in the Aberdeen and Edgewood areas. This action affects all on-post residences with in-home furnaces/boilers that are located at Plumb Point Loop, Hopkins Road, School Street,

Austin Road, Everett, Scully and Parish roads.

“Our staff will be requesting access to residences in order to measure carbon monoxide levels inside, as well as perform any required maintenance to furnaces,” Orr said.

The majority of these visits are planned between the hours of 5 and 7 p.m. with earlier times available if suitable to the resident. If an abnormal CO reading is taken, immediate action will be taken to fix the problem.

For additional protection of residential units with in-home furnaces/boilers, DPW will be completing furnace/boiler maintenance and double checking the same. The DPW staff also is completing installation of CO detectors in the basements of the residences listed above.

“As an added service, we are supplying plug-in, battery back-up, carbon monoxide detectors,” Orr said.

These detectors will be supplied for first and/or second floor residence applications where no detectors exist (furnace/boiler equipped homes only).

For additional information on the

availability of these detectors, contact Bernice Ivory, DPW Housing Division, 410-306-2008.

Fact:

Carbon monoxide is a colorless, odorless, tasteless gas that is produced when fossil fuels are burned, such as those in home furnaces.

Carbon monoxide is the number one cause of poisoning deaths in the United States, with more than 3,800 people known to die annually from CO (accidentally and intentionally).

Signs and symptoms

Recognizing early warning signs of CO poisoning is sometimes difficult because early symptoms of CO exposure (headache, dizziness, nausea) are non-specific and may be mistaken for symptoms of other illnesses such as colds, flu or food poisoning.

Common myths about CO

- Carbon monoxide is a heavy gas and stays at the lowest area of the house. – False. Carbon monoxide is lighter than air, and while it may originate from a broken basement furnace, this

gas can easily migrate to upper floors of a building.

- “My house has a heat pump – I don’t need to be concerned with Carbon Monoxide.” - False. An indoor gas fired appliance that is not functioning properly or indoor kerosene heaters can produce CO.

Emergency response

Dial 911 if a CO detector goes off in the home. Describe the issue and get to a well ventilated area quickly. Do not investigate; leave it up to the professionals.

Contact telephone numbers for related information (always dial 911 in an emergency:)

Fire Department - 410-306-0572 (for general information)

Installation Safety Office: 410-306-1697, Robert Hailstone, Team Leader

DPW - Service Order Desk: 410-306-1400 (for repair or maintenance service requests)

DPW - Aberdeen Area Facilities Maintenance: 410-278-5005, Carl Wheeler, Site Manager

DPW - Edgewood Area Facilities Maintenance: 410-436-3102, Anthony Hale, Site Manager



Impaired driving and suffering its consequences

ASAP Office

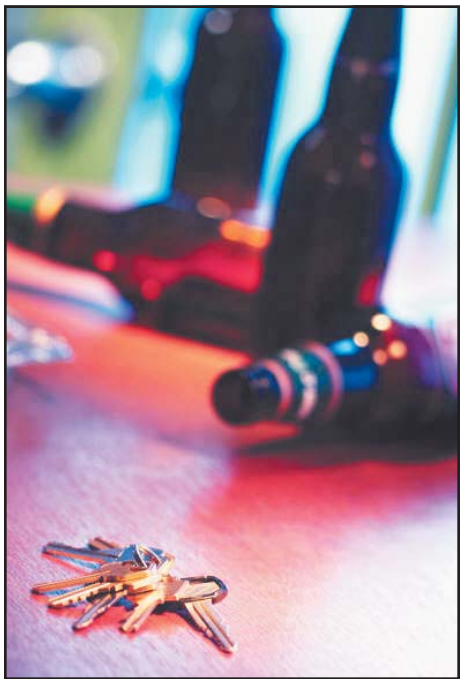
Every day, 36 people in the United States die, and approximately 700 more are injured, in motor vehicle crashes that involve an alcohol-impaired driver.

The annual cost of alcohol-related crashes totals more than \$51 billion.

The Army Substance abuse Program staff believes that there are effective measures that can help prevent injuries and deaths from alcohol-impaired driving and encourages the APG community

How big is the problem?

- In 2006, 13,470 people died in alcohol-impaired driving crashes, accounting for nearly one-third (32 percent) of all traffic-related deaths in the United States.
- In 2007, more than 1.4 million drivers were arrested for driving under the influence of alcohol or narcotics. That’s less than one percent of the 159 million self-reported episodes of alcohol-impaired driving among U.S. adults each year.
- Drugs other than alcohol (e.g., marijuana and cocaine) are involved in about 18 percent of motor vehicle driver deaths. These other drugs are generally used in combination with alcohol.
- Half of the 306 child passengers ages 14 and younger who died in alco-



hol-related crashes in 2006 were riding with drivers who had a blood alcohol concentration level of .08 or higher.

- In 2006, 45 children age 14 years and younger who were killed as pedestrians or bicyclists were hit by alcohol-impaired drivers.

Who is at risk?

- Males: Male drivers involved in

fatal motor vehicle crashes are almost twice as likely as female drivers to be intoxicated with a blood alcohol concentration of 0.08 percent or greater. It is illegal to drive with a BAC of 0.08 percent or higher in all 50 states, the District of Columbia and Puerto Rico.

- Young people:
 - * At all levels of BAC, the risk of being involved in a crash is greater for young people than for older people. In 2006, 19 percent of drivers ages 16 to 20 who died in motor vehicle crashes had been drinking alcohol.
 - * Young men ages 18 to 20 (under the legal drinking age) reported driving while alcohol-impaired more than any other age group.
 - * Of the 1,746 traffic fatalities among children ages 0 to 14 years in 2006, about one out of every six (17 percent) involved an alcohol-impaired driver.
- Motorcyclists:
 - * Nearly half of the alcohol-impaired motorcyclists killed each year are 40 or older, and motorcyclists ages 40 to 44 have the highest percentage of fatalities with BACs of 0.08 percent or greater.
 - * Among drivers killed in fatal crashes, 30 percent have BACs of 0.08 percent or greater.

Alcohol poisoning can happen to anyone who drinks alcohol

APG ASAP Office

Excessive drinking can be hazardous to everyone’s health. It can be particularly stressful if you are the sober one taking care of a drunk. Some people laugh at the behavior of others who are drunk. Some think it’s even funnier when they pass out. But there is nothing funny about the aspiration of vomit leading to asphyxiation or the poisoning of the respiratory center in the brain, both of which can result in death.

Do you know about the dangers of alcohol poisoning? When should you seek professional help for a friend? Sadly enough, too many people say they wish they would have sought medical treatment for a friend or family member. Many end up feeling responsible for alcohol-related tragedies that could have easily been prevented.

Common myths about sobering up include drinking black coffee, taking a cold bath or shower, sleeping it off, or walking it off. But these are just myths, and they don’t work. The only thing that reverses the effects of alcohol is time—something you may not have if you are suffering from alcohol poisoning. And many different factors affect the level of

intoxication of an individual, so it’s difficult to gauge exactly how much is too much.

What happens to your body when you get alcohol poisoning?

Alcohol depresses nerves that control involuntary actions such as breathing and the gag reflex (which prevents choking). A fatal dose of alcohol will eventually stop these functions.

It is common for someone who drank excessive alcohol to vomit since alcohol is an irritant to the stomach. There is then the danger of choking on vomit, which could cause death by asphyxiation in a person who is not conscious because of intoxication.

A person’s blood alcohol concentration (BAC) can continue to rise even while he or she is passed out. Even after a person stops drinking, alcohol in the stomach and intestine continues to enter the bloodstream and circulate throughout the body. It is dangerous to assume the person will be fine by sleeping it off.

Critical signs for alcohol poisoning

- Mental confusion, stupor, coma, or

person cannot be roused.

- Vomiting.
- Seizures.
- Slow breathing (fewer than eight breaths per minute).
- Irregular breathing (10 seconds or more between breaths).
- Hypothermia (low body temperature), bluish skin color, paleness.

What should I do if I suspect someone has alcohol poisoning?

- Know the danger signals.
- Do not wait for all symptoms to be present.
- Be aware that a person who has passed out may die.
- If there is any suspicion of an alcohol overdose, call 911 for help. Don’t try to guess the level of drunkenness.

What can happen to someone with alcohol poisoning that goes untreated?

- Victim chokes on his or her own vomit.
- Breathing slows, becomes irregular, or stops.
- Heart beats irregularly or stops.
- Hypothermia (low body temperature).
- Hypoglycemia (too little blood sug-

ar) leads to seizures.

- Untreated severe dehydration from vomiting can cause seizures, permanent brain damage, or death.

Even if the victim lives, an alcohol overdose can lead to irreversible brain damage. Rapid binge drinking (which often happens on a bet or a dare) is especially dangerous because the victim can ingest a fatal dose before becoming unconscious.

- Don’t be afraid to seek medical help for anyone who has had too much to drink. Don’t worry that they may become angry or embarrassed—remember you cared enough to help. Always be safe, not sorry. ASAP is encouraging everyone to the 8, 10 Rule. If you just do not know if someone is in medical trouble; the 8, 10 rule can make the final decision for you. If the individual is experiencing slow breathing (fewer than eight breaths per minute) or irregular breathing (10 seconds or more between breaths) GET HELP! Time is an important factor in alcohol poisoning treatment.

For more information, contact the Aberdeen Proving Ground Army Substance Abuse Program office, 410-278-DRUG.

Army.mil

From front page

it’s using the content that I want ... so that it’s right there when I log in, all the time,” said Meghan K. McCormick, Army.mil social media strategist and content manager.

One of the widgets that allows that to happen, for example, pulls headlines from other military service’s Web sites, including the Air Force, the Marine Corps and the Navy. An additional widget allows users to display on their cus-

tomized page those Army news headlines that come from their particular unit.

The RSS feed widget will allow users to display news headlines from virtually any source on their personalized Army.mil page.

“Every day, I try to read CNN -- so if I wanted, I could pull in CNN’s news feed,” McCormick said.

Other available widgets provide access to information posted by Army organizations on such social networking sites as Twitter, Flickr, Facebook and YouTube. And another provides Army-related videos and Army newscasts.

“We are tailoring it to our audience,”

McCormick said. “The people coming to Army.mil -- they are looking at these social media sites, and they want to see Army social media.”

Each widget users add to their page can be customized and placed anywhere on the page so that each user’s interaction with Army.mil is personalized to their liking.

“It allows anybody to come in and create a page that is customizable,” McCormick said.

Initially, there’ll be a total of 20 widgets available on the new Army.mil, but the team behind the redesign is working to add more, to make the Army.mil expe-

rience even more user-friendly and more able to deliver the information Soldiers want when they want it.

“We are looking at widgets to help people be more productive -- to do their daily tasks,” McCormick said.

To access the new features of Army.mil, visitors to the site should look for the login box that was featured there beginning Dec. 4. Soldiers may log in using their existing AKO account login name and password. Those without AKO accounts, or those who would rather not use their AKO accounts, may log in to the site using a Google, Yahoo! or AIM password.

Chapel News

Commentary: Thinking ethically

By
**CHAP (CAPT)
CHAD B. DAVIS**

“Smoking is a sin,” it says so in the Bible.

I could scarcely believe my ears when I heard Larry say this. I was interested to hear this smoker’s reasoning. He had never seen the verse itself, but there was something in there, he was sure.

The Bible does say, “...your body is a temple of the Holy Spirit, who is in you, whom you received from God.”

The verse didn’t exactly forbid smoking, or name smoking as a sin, but the young man was sure that he was doing wrong. Since he felt smoking was a sin, and he felt guilt over his smoking habit, why did Larry need to interpret the Bible in this way? He felt the need to rely on some established moral law in order to make his ethical decision about smoking.

This brings a question we all ought to ask, though we will be challenged to come up with a satisfactory answer. “How, as spiritual people, can we reliably and consistently make ethical decisions?” There are many approaches to this question, and somewhere in the midst of them, perhaps an answer or two.

One approach, albeit extreme, is to do whatever one likes. This approach is rooted in the presupposition that there are no real rights and wrongs; that all moral norms are merely cultural preferences, and that God, if indeed there is a God, will not judge us on the basis of morality. This antinomian approach does find much place in theology and no place at all within Christianity.

An opposite approach assumes that

there is an absolute, an unbendable law that guides us in every situation.

Larry was trying to use the Bible to make a moral decision about something that is not addressed in its pages. Absolutes are easy to identify, where they are clear, but this approach falls short when there is not a clear law or rule that governs a given situation.

Another problem arises when the absolute status of a law comes into question. After all, in the Hebrew Bible, God tells Saul to kill the Amalekites. Yet, the 6th Commandment is “You shall not murder.” It seems that on at least one occasion, that law was not an absolute.

Somewhere between these two extremes the responsible Christian must find an approach that leads to consistent ethical decisions.

Consider a few possibilities. One suggestion is that one behaves in such a way as to bring the most good to the most people. This is called ‘utility.’ Caiaphas, the High Priest in Jesus’ time suggested, “...it is better ...that one man die for the people than that the whole nation perish.” Christian theology affirms that Jesus died for the sins of the whole world. The problem with ‘utility’ is that identifying the “greatest good” is sometimes very difficult, if not impossible. The very question of what is good and what is evil must be based on some ethical proposition. Given a life or death choice, could it be moral to kill and eat a fellow plane crash survivor? God save us from making such choices.

Certainly, the situation may govern what is moral. This is called ‘situationism.’ Christian ‘situationism’ suggests that the only truly binding law is the Law of love. Other laws, even in the sacred writ, are subject to the overriding

priority of love. This is hard for many religious people to accept. According to Jesus, there are no commandments greater than loving God and one’s neighbor. The Wiccan Wrede, reads, “And it harm none, do as you will.” The latter is a prohibition against harming others, but the underlying principle is love. The problem with situational decision making is that it is teleological; if the ends are desirable then the means are unimportant. In other words, as long as something results in an outcome consistent with the absolute of love, then it is a moral choice.

I understand ‘situationism,’ but more often find myself thinking in terms of ‘absolutes.’ Sometimes ‘absolutes’ come into conflict with one another. The idea that ‘absolutes’ conflict but are still ‘absolutes’ leads directly to the conclusion that a person could be in a position, where all available choices are violations of ‘absolute’ laws. This would mean that sins are unavoidable, a thought that has resonated through theology since Moses. This approach relies on the forgiveness of God to overcome the weakness of humanity. It also obligates us to choose the lesser sin when given a choice.

This idea of the lesser sin leads to another approach. Perhaps some sins are more serious and some are less grievous than others. In such a case, the ethical person must obey the higher law and the less important law can be ignored given the importance of obeying the higher law. The problem is with the way the ‘absolutes’ are ranked. The Hebrew Bible, the New Testament and the Koran are alike in that they do not clearly delineate a structure or ranking of the laws they contain. Anecdotes may be interpreted to mean that there exists a rank-

ing, but no discernable schema exists for ranking the precepts of the law. Ranking of ‘absolutes’ depends on less ‘absolute,’ cultural and conscience-driven considerations.

In closing, let us consider an example. A person is faced with the choice to lie in order to protect one’s children from serious bodily harm. If protecting one’s children and being truthful are both ‘absolute’ rules, but they come in conflict, then perhaps it is a sin to choose the “lesser evil” or perhaps it is not. If ‘absolutes’ are ranked, then the higher rule of protecting one’s children would prevail, releasing one from any culpability for lying. If the only truly binding law is love, then the lie told to protect one’s children is an act of love, and therefore an ethical choice. If both rules are ‘absolute’ and considered equal, then one must sin, and seek forgiveness later.

Larry didn’t know the chapter and verse he was referring to, but he believed that what he was doing was immoral. Though I didn’t agree with Larry’s conclusion, he was thinking ethically. Whether we find in our religious traditions, unqualified laws that must be obeyed, or principles for living that honor God, we must do our best to please God and make ethical decisions.

Feast of Our Lady of Guadalupe

The Main Post Chapel will hold a Hispanic Mass and dinner in honor of Our Lady of Guadalupe, 4:30 p.m., Dec. 12. Participants are asked to bring a vegetable dish, salad or dessert.

For more information, call 410-278-4333.



Christmas worship services

Nov. 25 through Jan. 1



There will be a combined Christmas Eve Candelight Service, 7 p.m., Dec. 24, at the Edgewood Area Chapel, building E-4620. Everyone is welcome to attend.

Main Post Chapel (Aberdeen Area)

Catholic Mass

- Sat, Dec. 12 Hispanic mass/social 4:30 p.m.
- Sun, Dec. 13 Third Sunday of Advent 8:45 a.m.
- Sun, Dec. 20 Fourth Sunday of Advent 8:45 a.m.
- Thur, Dec. 24 Christmas caroling 11:30 p.m.
- Thur, Dec. 24 Midnight mass midnight
- Fri, Dec. 25 Mass/pageant 9 a.m.
- Sun, Dec. 27 Holy Family 8:45 a.m.

- Thur, Dec. 31 Holy Day/obligation 6:30 p.m.
- Fri, Jan. 1 Holy Day/obligation 11:45 a.m.

Protestant worship

- Sun, Dec. 13 Christmas cantata 10:15 a.m.
- Sun, Dec. 20 Fourth Sunday in Advent 10:15 a.m.
- Sun, Dec. 27 First Sunday in Christmas 10:15 a.m.

Gospel worship

- Sun Dec. 13 Third Sunday in Advent noon
- Fri, Dec. 18 Dance/drama play 7 p.m.
- Sun, Dec. 20 Fourth Sunday in Advent noon
- Sun, Dec. 27 First Sunday in Christmas noon
- Thur, Dec. 31 Watch night service 10 p.m.

Edgewood Area Catholic Mass

- Sun, Dec. 13 Third Sunday of Advent 10:45 a.m.
- Sat, Dec. 19 Penance service 4:30 p.m.
- Sat, Dec. 19 Holiday dinner 5:30 p.m.
- Sun, Dec. 20 Fourth Sunday of Advent 10:45 a.m.
- Fri, Dec. 25 Christmas Day 11:15 a.m.
- Sun, Dec. 27 Holy Family 10:45 a.m.
- Fri, Jan. 1 Holy Day/obligation noon

Protestant worship

- Sun, Dec. 13 Third Sunday in Advent 9:15 a.m.
- Sun, Dec. 20 Fourth Sunday in Advent 9:15 a.m.
- Sun, Dec. 27 First Sunday in Christmas 9:15 a.m.

December 31 last day to donate leave

CPAC

The leave donation program was established to assist individuals with medical emergencies who have exhausted both their annual and sick leave balances.

Carolyn Russell, program coordinator for the Aberdeen Proving Ground Civilian Personnel Advisory Center, can assist anyone with questions.

Recipient and donor information is available below for civilian personnel interested in taking advantage of this program.

Recipient

Some civilians are not aware that they can receive donated leave to care for sick Family members, says Russell.

“The recipient does not have to be the ill one. It can be a sick husband, child, mother, etc. As long as there is a medical emergency, they can stay in the program,” Russell said. She added that the leave donation program is also available to recipients with complicated pregnancies.

Request for recipients of the leave donation program must submit an application.

Prior to doing so, the recipient must have a supervisor sign it, thus granting them permission to take leave. Without the supervisor’s signature, the application cannot be processed.

Once Russell receives the application, she verifies that they meet all requirements. As part of the process, the recipient must prove that it is a medical emergency that can be documented by a hospital or physician and that the recipient has no annual or accrued sick leave balance. If the applicant does meet the requirements to become a donor, the person is added to the list and given the option of listing the medical emergency or not.

Donor

Before the donor can donate leave, there are several things to take into consideration, Russell said.

“You must first have annual leave available to donate,” she added.

She noted that a donor can only donate half of their total accrued annual leave. And she added that sick leave cannot be donated. Donors in the 8 hour category can only donate 104 hours, 6 hour category can only donate 78 hours and the four hour category can only donate 52 hours of annual leave.

“A lot of people think they can donate sick leave, but unfortunately they cannot.” Russell also states another common question is whether or not donating leave is tax deductible.

“I’m asked this question all the time, but donating leave is not tax deductible,” Russell said.

If a donor wants to donate leave to an individual at APG, she suggests completing OPM Form 630A, (Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program).

Since the program is available to all government civilian employees, any annual leave accrued can be donated to any government employee, whether they work here at APG or at any other government facility.

When requesting to donate leave to an individual outside of APG, the donor must complete OPM Form 630B, (Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program).

On both forms, the donor is asked to select the intended recipient and the number of hours to be donated.

“It is the responsibility of the donor to select the recipient. From an ethical standpoint, I cannot do that for them,” Russell said.

She offered an example of a donor knowing a co-worker who needs leave and said that the donor may request that it go to that person. She also noted that in some cases the donor may not know the individual and selects a person because of the nature of the illness.

“Some donors don’t know the person they have selected but are aware of the illness. So they make decisions based on the nature of the illness,” Russell said.

She added that it is the right of the recipient to release their name or the illness.

She said that a list of names appears in the *APG News* bi-weekly, for those looking to select a recipient.

“All they have to do is pick up a copy of the *APG News* or go online and read it. Every other week, there is information about donating leave,” Russell said.

Match making

After the applicant and donor’s information have been verified, Russell processes the information to the Defense, Finance and Accounting automated system.

Once the approval process is com-

plete, the recipient is granted leave.

It is understandable, Russell said, for donors wanting to know if the leave has been allocated to a recipient.

“Simply look at your Leave and Earnings Statements, it appears automatically once the leave has been allocated,” Russell said.

She noted that it may take one to two pay periods for it to appear on the LES statement.

Russell said that it is extremely important for donors to get OPM Forms 630A or 630B in by Dec. 31.

“The cut off is December 31. If you are going to lose your leave, you may as well donate it,” Russell said.

She said that forms received after Dec. 31 would not be allocated to the 2009 leave.

LEAVE DONATIONS

To participate in the Voluntary Leave Program, use forms OPM 630, Application to Become a Leave Recipient Under the Voluntary Leave Transfer Program; OPF 630-A, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (within agency); and OPM 630-B, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (outside agency). For more information, call Carolyn Russell, 410-278-5327, e-mail carolyn.russell12@us.army.mil or Peg Peterson, 410-278-5807, e-mail margaret.peterson1@us.army.mil, fax 410-278-9176.

Employees eligible for donations in the Voluntary Leave Transfer Program

Vicki Bailey	Bonnie Day	Deborah Moore
Debra Bonsall	Meg Downey	Michael Naegele
(daughter has brain tumor)	Wayne Erb	Marie D. Nowak
Georgia Braun	Bennie Ford	Ron Spencer
Veronica Brown	John Furchert	Linda Tignor
Jason Burr	Holly Geppi	Luis Villafane
Randy Carroll	Erin Griffin	Paul Wynne
John Daigle	Kari Jackson	Victoria Yates-Sparks
	Angela Lambert	



TRICARE Standard pays to be preventive

U.S. DoD Military Health System

Obtaining clinical preventive services helps prevent illness before major health problems occur.

Section 711 of the National Defense Authorization Act of 2009 encourages eligible TRICARE Standard beneficiaries to use preventive health services by waiving all cost shares for certain types of services. These services include screenings for colorectal cancer, breast cancer, cervical cancer and prostate cancer; immunizations; and well-child visits for children under 6 years-old.

Also, for all beneficiaries over age 6, when a visit to a health care provider includes one or more of the benefits listed above, the cost share for the visit is waived. However, other services provided during the same visit are subject to cost shares and deductibles.

“Early disease detection and chronic condition management programs result in the prevention of long term health conditions and add savings for beneficiaries and the government in the long term,” said Navy Rear Adm. Christine S. Hunter, deputy director of the TRICARE Management Activity. “It’s a great new benefit under TRICARE Standard.”

The cost share waiver applies to non-Medicare eligible, TRICARE Standard or Extra beneficiaries; even if the beneficiary hasn’t met the annual deductible. Beneficiaries enrolled in TRICARE Prime are unaffected, since they do not have copayments for preventive services.

Medicare-eligible beneficiaries are covered by TRICARE For Life, which generally pays the remainder of any costs not paid under Medicare, including amounts for the listed preventive services. However, preventive services and all immunizations not covered by Medicare require TRICARE Standard cost shares and deductibles for TFL beneficiaries.

Criteria such as age, frequency of care and Family history have to be met in order to waive cost shares for the six clinical preventive services. All other preventive services not included in the



services listed in Section 711 are subject to cost shares and deductibles. This benefit can be applied to any services received on or after Oct. 14, 2008. Beneficiaries can request reimbursement for services received after Oct. 14, 2008, and before the implementation date of Sept. 1, 2009.

Reimbursement requests can be made by phone or in writing to the region where the beneficiary lives.

For requests by phone:

North Region
Net Federal Services, LLC
- 1-877- 874-2273

South Region
Humana Military Healthcare Services, Inc. - 1-800-444-5445

West Region
TriWest Healthcare Alliance
- 1-888-874-9378

Requests submitted in writing to the regional claims processor should include the sponsor’s Social Security number, full names and dates of birth of all Family members and current mailing address.

For written requests:

North Region
Health Net Federal Services, Inc.
c/o PGBA, LLC/TRICARE Claims Correspondence
PO Box 870141
Surfside Beach, SC 29587-9741

South Region
Humana Military Healthcare Services, Inc.
P.O. Box 740062
Louisville, KY 40201-7462

West Region
West Region Customer Service
P.O. Box 77029
Madison, WI 53707-7029



FAMILY AND MORALE, WELFARE & RECREATION

DFMWR facilities holiday schedule (Dec. 18 - Jan. 4)

	FRI 18-Dec	SAT 19-Dec	SUN 20-Dec	MON 21-Dec	TUE 22-Dec	WED 23-Dec	THU 24-Dec	FRI 25-Dec	SAT 26-Dec
<i>FITNESS:</i>									
AA ATHLETIC CENTER	5 a.m. - 8 p.m.	7 a.m. - 3 p.m.	7 a.m. - 3 p.m.	5 a.m. - 8 p.m.	5 a.m. - 8 p.m.	5 a.m. - 8 p.m.	5 a.m. - 1 p.m.	CLOSED	7 a.m. - 3 p.m.
AA HEALTH & FITNESS CENTER	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
EA HOYLE GYM/ FITNESS CENTER	5 a.m. - 8 p.m.	7 a.m. - 3 p.m.	7 a.m. - 3 p.m.	5 a.m. - 8 p.m.	5 a.m. - 8 p.m.	5 a.m. - 8 p.m.	5 a.m. - 1 p.m.	CLOSED	7 a.m. - 6 p.m.
<i>FOOD & BEVERAGE:</i>									
TOP OF THE BAY	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
BOWLING SNACK BAR	7 a.m. - 11 p.m.	1 - 10 p.m.	1 - 6 p.m.	1 - 5 p.m.	7 a.m. - 2 p.m.	7 a.m. - 3 p.m.	CLOSED	CLOSED	3 - 10 p.m.
SUTHERLAND GRILL	9:30 a.m. - 2:30 p.m.	9:30 a.m. - 4:30 p.m.	9:30 a.m. - 4:30 p.m.	9:30 a.m. - 2:30 p.m.	9:30 a.m. - 2:30 p.m.	9:30 a.m. - 2:30 p.m.	9:30 a.m. - 2:30 p.m.	CLOSED	9:30 a.m. - 4:30 p.m.
AA REC CENTER SNACK BAR	11 a.m. - 1:30 p.m.	CLOSED	CLOSED	11 a.m. - 1:30 p.m.	11 a.m. - 1:30 p.m.	11 a.m. - 1:30 p.m.	CLOSED	CLOSED	CLOSED
SOUTH SIDE GRILL	11 a.m. -1 p.m.	CLOSED	CLOSED	11 a.m. - 2 p.m.	11 a.m. - 2 p.m.	11 a.m. - 2 p.m.	CLOSED	CLOSED	CLOSED
DONNA'S PIT BEEF	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
<i>RECREATION:</i>									
AA RECREATION CENTER	11 a.m. - 11 p.m.	1 a.m. - Noon	CLOSED	CLOSED	9 a.m. - 5 p.m.	9 a.m. - 5 p.m.	CLOSED	CLOSED	CLOSED
BOWLING	7 a.m. - 11 p.m.	1 p.m. - 11 p.m.	1 p.m. - 6 p.m.	7 a.m. - 3 p.m.	7 a.m. - 3 p.m.	7 a.m. - 4 p.m.	CLOSED	CLOSED	3 - 10 p.m.
RUGGLES	7 a.m. - DUSK	7 a.m. - DUSK	7 a.m. - DUSK	7 a.m. - DUSK	7 a.m. - DUSK	7 a.m. - DUSK	8 a.m. - 3 p.m.	CLOSED	8 a.m. - 4:30 p.m.
EA RECREATION CENTER	11 a.m. - 11 p.m.	1 a.m. - Noon	CLOSED	10 a.m - 3 p.m.	10 a.m - 3 p.m.	10 a.m - 3 p.m.	CLOSED	CLOSED	CLOSED
<i>SELF SERVICE:</i>									
AUTO CRAFTS CENTER	1 p.m. - 9 p.m.	9 a.m. - 5 p.m.	9 a.m. - 5 p.m.	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	9 a.m. - 5 p.m.
ODR & EQUIPMENT CENTER	10 a.m. - 6 p.m.	9 a.m. - 2 p.m.	CLOSED	10 a.m. - 6 p.m.	10 a.m. - 6 p.m.	10 a.m. - 6 p.m.	CLOSED	CLOSED	CLOSED
LIBRARY	CLOSED	1 p.m. - 5 p.m.	1 p.m. - 5 p.m.	11:30 a.m. - 5:30 p.m.	11:30 a.m. - 5:30 p.m.	11:30 a.m. - 5:30 p.m.	CLOSED	CLOSED	CLOSED
MWR LEISURE TRAVEL	11 a.m. - 6 p.m.	CLOSED	CLOSED	CLOSED	10 a.m. - 5 p.m.	10 a.m. - 5 p.m.	CLOSED	CLOSED	CLOSED
<i>CHILD CARE/COMMUNITY SERVICES:</i>									
CHILD & YOUTH SERVICES+	6 a.m. - 6 p.m.	CLOSED	CLOSED	6 a.m. - 6 p.m.	6 a.m. - 6 p.m.	6 a.m. - 6 p.m.	6 a.m. - Noon*	CLOSED	CLOSED
ARMY COMMUNI- TY SERVICE	8 a.m. - 5 p.m.	CLOSED	CLOSED	8 a.m. - 5 p.m.	8 a.m. - 5 p.m.	8 a.m. - 5 p.m.	8 a.m. - 5 p.m.	CLOSED	CLOSED
Special notes: Hours of operation are subject to change. +CYS Services facilities: Child Development Centers, Youth Centers/School-Age Services programs and Family Child Care homes *Reduced hours request based on historical data collected from attendance reports and parent surveys.									

SUN 27-Dec		MON 28-Dec	TUE 29-Dec	WED 30-Dec	THU 31-Dec	FRI 1-Jan	SAT 2-Jan	SUN 3-Jan	MON 4-Jan
FITNESS:									
AA ATHLETIC CENTER	7 a.m. - 3 p.m.	5 a.m. - 6 p.m.	5 a.m. - 6 p.m.	5 a.m. - 6 p.m.	5 a.m. - 1 p.m.	CLOSED	7 a.m. - 3 p.m.	7 a.m. - 3 p.m.	5 a.m. - 8 p.m.
AA HEALTH & FITNESS CENTER	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
EA HOYLE GYM/ FITNESS CENTER	7 a.m. - 3 p.m.	5 a.m. - 6 p.m.	5 a.m. - 6 p.m.	5 a.m. - 6 p.m.	5 a.m. - 1 p.m.	CLOSED	7 a.m. - 3 p.m.	7 a.m. - 3 p.m.	5 a.m. - 8 p.m.
FOOD & BEVERAGE:									
TOP OF THE BAY	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	11 a.m. - 1 p.m.
BOWLING SNACK BAR	1 p.m. - 4 p.m.	7 a.m. - 3 p.m.	7 a.m. - 3 p.m.	7 a.m. - 4 p.m.	CLOSED	CLOSED	3 p.m. - 10 p.m.	1 p.m. - 4 p.m.	7 a.m. - 3 p.m.
SUTHERLAND GRILL	9:30 a.m. - 4:30 p.m.	9:30 a.m. - 2:30 p.m.	9:30 a.m. - 2:30 p.m.	9:30 a.m. - 2:30 p.m.	9:30 a.m. - 2:30 p.m.	CLOSED	9:30 a.m. - 4:30 p.m.	9:30 a.m. - 4:30 p.m.	9:30 a.m. - 2:30 p.m.
AA REC CENTER SNACK BAR	CLOSED	11 a.m. - 1:30 p.m.	11 a.m. - 1:30 p.m.	11 a.m. - 1:30 p.m.	CLOSED	CLOSED	CLOSED	CLOSED	11 a.m. - 1:30 p.m.
SOUTH SIDE GRILL	CLOSED	11 a.m. - 2 p.m.	11 a.m. - 2 p.m.	11 a.m. - 2 p.m.	CLOSED	CLOSED	CLOSED	CLOSED	11 a.m. - 1 p.m.
DONNA'S PIT BEEF	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
RECREATION:									
AA RECREATION CENTER	CLOSED	CLOSED	9 a.m. - 5 p.m.	9 a.m. - 5 p.m.	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
BOWLING	1 p.m. - 4 p.m.	7 a.m. - 3 p.m.	7 a.m. - 3 p.m.	7 a.m. - 4 p.m.	CLOSED	CLOSED	3 p.m. - 10 p.m.	1 p.m. - 4 p.m.	7 a.m. - 3 p.m.
RUGGLES	8 a.m. - 4:30 p.m.	8 a.m. - 4:30 p.m.	8 a.m. - 4:30 p.m.	8 a.m. - 4:30 p.m.	8 a.m. - 3 p.m.	CLOSED	7 a.m. - DUSK	7 a.m. - DUSK	7 a.m. - DUSK
EA RECREATION CENTER	CLOSED	10 a.m. - 3 p.m.	10 a.m. - 3 p.m.	10 a.m. - 3 p.m.	CLOSED	CLOSED	CLOSED	CLOSED	11:30 a.m. - 3 p.m.
EXTON	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
SELF SERVICE									
AUTO CRAFTS CENTER	9 a.m. - 5 p.m.	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	9 a.m. - 5 p.m.	9 a.m. - 5 p.m.	CLOSED
ODR & EQUIPMENT CENTER	CLOSED	10 a.m. - 6 p.m.	10 a.m. - 6 p.m.	10 a.m. - 6 p.m.	CLOSED	CLOSED	CLOSED	CLOSED	10 a.m. - 6 p.m.
LIBRARY	CLOSED	11:30 a.m. - 5:30 p.m.	11:30 a.m. - 5:30 p.m.	11:30 a.m. - 5:30 p.m.	CLOSED	CLOSED	CLOSED	1 p.m. - 5 p.m.	11:30 a.m. - 5:30 p.m.
MWR LEISURE TRAVEL	CLOSED	CLOSED	10 a.m - 5 p.m.	10 a.m - 5 p.m.	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
CHILD CARE/COMMUNITY SERVICES:									
CHILD & YOUTH SERVICES+	CLOSED	7 a.m - 5 p.m.*	7 a.m - 5 p.m.*	7 a.m - 5 p.m.*	CLOSED	CLOSED	CLOSED	CLOSED	6 a.m. - 6 p.m.
ARMY COMMUNI- TY SERVICE	CLOSED	8 a.m. - 5 p.m.	8 a.m. - 5 p.m.	8 a.m. - 5 p.m.	8 a.m. - 5 p.m.	CLOSED	CLOSED	CLOSED	8 a.m. - 5 p.m.
Special notes: Hours of operation are subject to change. +CYS Services facilities: Child Development Centers, Youth Centers/School-Age Services programs and Family Child Care homes *Reduced hours request based on historical data collected from attendance reports and parent surveys.									



FAMILY AND MORALE, WELFARE & RECREATION

HIRED! program helps teens explore career opportunities



Nia Bailey, 16, gives Harmony Turner, 3, an assessment to determine Turner's progress before parent conferences. Bailey is working at the Aberdeen Area Child Development Center as one of seven teens participating in the Family and Morale, Welfare and Recreation's HIRED! program introduced to the Aberdeen Proving Ground community this year.

Story and photo by
RACHEL PONDER
APG News

An Aberdeen High School junior is exploring a career opportunity by working as a classroom assistant at the Aberdeen Area Child Development Center.

Nia Bailey, 16, is one of seven teens participating in the Family and Morale, Welfare and Recreation's HIRED! program introduced to the Aberdeen Proving

Ground community this year. The HIRED! program provides paid apprenticeships for 15- to 18-year-olds.

Bailey helps child and youth program assistants with daily routines in a classroom of 3- to 4-year-olds.

"She does a great job interacting with the children and helps them with projects," said Lianne Blake, a training and curriculum specialist for the CDC, and Bailey's on-site men-

tor. "She always comes in with a smile and a positive attitude and is an asset to our center."

Bailey said that she decided to work at the CDC because she used to attend the center when she was younger.

"My mom saw an article in the APG News about the HIRED! Program, and we thought it was a good opportunity for me to get some job experience. I decided that I wanted to work at the CDC because I wanted to see

the center from the other side," she said. "Some of the employees who worked when I attended are still here, and it is nice to see them again."

Bailey has been working at the center every day after school, except on Tuesdays, when she tutors.

The apprenticeship lasts for 12 weeks, with the option of working in the same location for another term.

Bailey said that she plans to continue working at the center during the next term.

"I really love this place. The staff was very helpful when I started and showed me the ropes," she said. "This is my first job experience, and I am grateful that I have had this opportunity. I would recommend this program to others."

Bailey added that other training in the HIRED! program, such as resume writing, job interview preparation, financial management and goal setting classes have also helped her prepare for the future.

Bailey said that her experience at the center has led her to seriously consider a career in childcare, and that she plans to attend college in Alabama to help her achieve her goal.

Blake said that she considers the HIRED! program a good way for teens to explore different career paths, before they attend college or other career training.

"It is a way for teens to expe-

rience different career paths to see if they really want to pursue them in the future," Blake said.

Clarissa Larkin, a child and youth program assistant who worked with Bailey, said that she was a positive influence in the classroom.

"She was a positive influence on the children, and works well with them," Larkin said. "She is a good role model."

Larkin added that Bailey brings creativity to the classroom during art projects.

"We are learning from her too," Larkin said.

About HIRED!

The HIRED! program offers a variety of job placements in FMWR facilities for teens of military and government civilians assigned to APG. To secure apprenticeships, candidates must achieve and maintain a 2.0 grade point average or higher before completing a pre-assessment and interviews with facility managers. Depending on the skills and interest teen show in these interviews, they are placed with an appropriate organization under the direct supervision of a designed on-site mentor who is responsible for tutoring their individual apprentices.

For more information about the HIRED! Program, contact Jay McKinney, APG HIRED! coordinator, 410-278-3250. McKinney is now signing up teens for the next semester which begins in March.

Activities/Events

Holiday golf sale at Ruggles

Ruggles Golf Course has a holiday sale through Dec. 24. Sale items include 25 percent off all men's and ladies apparel (excludes shoes and previously marked down items). Save up to 40 percent on select group of clubs from Titleist, Cobra and Ping; 20 percent off all Golf Gloves; 10 percent off golf balls; and 20 percent off Etonic Shoes (in-stock only).

Harlem Globetrotters tickets

Tickets are available for The Harlem Globetrotters, 2 or 7 p.m., Dec. 26, at the 1st Mariner Arena, 201 West Baltimore Street, Baltimore. Tickets cost \$20 per person all seats are located in Section 114. For 84 years, the Harlem Globetrotters have thrilled audiences around the world. Today, a new generation of stars carries on this storied tradition with timeless basketball exhibitions.

For more information or to purchase tickets, contact FMWR Leisure Travel Services, AA Recreation Center, building 3326, 410-278-4011/4907 or e-mail apgr-usag-mwr-lesuretravel@conus.army.mil.

Volunteer today

Explore a new career, develop new skills, network with other professionals and create opportunities. Army Community Service has many opportunities and needs support for its various programs.

For more information, call Army Community Service, 410-278-2453.

Holiday Gift Wrap Program underway

Gift wrapping will run through Christmas Eve, Dec. 24. See schedule in APG News Nov. 30 issue.

Radio City Christmas Spectacular

See the Rockettes perform in the Radio City Christmas Spectacular at the 1st Mariner Arena, 201 West Baltimore Street, Baltimore. There will be two shows, 4 or 7 p.m., Dec. 17. Tickets cost \$76.75 for adults and \$67.75 for children ages 2 through 12. Children ages 2 and under do not need a ticket if seated on a parent's lap. All tickets must be pre-ordered. Tickets are limited and are available on a first-come first-serve basis. Seats are located in the lower levels. There is no guaranteed seating. The last day to purchase tickets is Dec. 3.

Looking for a job?

Visit FMWR Jobs Available at www.apgmwr.com.

All jobs for Aberdeen Proving Ground are listed at <http://acpol.army.mil/employment/naf.htm> or check out AAFES Jobs link <http://odin.aafes.com/employment/> for additional job opportunities.

For more information or to purchase tickets, visit FMWR Leisure Travel Services, AA Recreation Center, building 3326, 410-278-4011/4907 or e-mail APGR-USAG-MWR-LeisureTravel@conus.army.mil.

The Great Russian Nutcracker

The Lyric Opera House, located on 140 West Mount Royal Avenue, Baltimore, will present the Nutcracker, 7:30 p.m., Dec. 19 and 5 p.m., Dec. 20.

Tickets cost \$70.50 for all ages and must be pre-ordered. Children under the

age of 2 do not need a ticket if seated on a parent's lap. Tickets are limited and are available on a first-come, first-serve basis. Seating is located in the lower levels. There is no guaranteed seating. The last day to purchase tickets is Dec. 3.

For more information or to purchase tickets, visit the FMWR Leisure Travel Services, AA Recreation Center, building 3326, 410-278-4011/4907 or e-mail APGR-USAG-MWR-LeisureTravel@conus.army.mil.

Aberdeen Area tree lighting, party tonight

Army Community Service will hold a Holiday Extravaganza and Tree Lighting Ceremony, 6 to 8:30 p.m., Dec. 10, at the AA Recreation Center, building 3326. Events include light refreshments, Santa and Mrs. Claus visiting children, photos with Santa and Mrs. Claus, music by the U.S. Army Materiel Command Brass Quintet, games, face painting, cake walk, candy-guessing game and pin-the-nose

on the reindeer.

Tonight's event is open to all DoD cardholders, military, civilian, contractors, retirees, Family members and guests.

Participants also will witness the re-signing of the Army Family Covenant as a reaffirmation of the Army's commitment to Soldiers and their Families.

For more information, call ACS, 410-278-7572/7474.

December bowling specials

Adult Lunch Leagues bowl Tuesday and Thursday during the day. No open bowling until 1 p.m. Evening leagues are Wednesday, Thursday and Friday.

There will be no open bowling on Thursdays after 5 p.m. and no open bowling on Friday until after 9:30 p.m. On Wednesday there are a few lanes which will be issued on a first-come, first-served basis.

Leagues are still forming

Saturday youth leagues are accepting ages 18 months to 20 years for their youth league. Youths ages 18 months to 11 starts at 9 a.m. and ages 12 thru 20 starts at 10:45 a.m.

Bowling specials

- Bowl for \$.75 per game, 1 to 5

p.m. Shoe rental costs \$2.

- Cosmic Saturdays: Each Saturday, receive one hour of bowling, one whole cheese pizza (toppings extra) and one pitcher of soda for \$32.

- Each Friday, 9:30 till close, bowl for \$12 per hour. Cost of shoe rental is included.

The Bowling Center will hold a special bowling promotion Dec. 18 through Jan. 3. Soldiers and their Families can bowl two free games with free shoe rentals per day. Soldier and or Family member must present an ID that verifies they are a Soldier or Family member. (No limit to the size of Family.)

This is based on available lanes and shoes.

APG Bowling Center Snack Bar specials

Building 2342

The Bowling Center hours are 7 a.m. to 3 p.m., Monday and Tuesday; 7 a.m. to 10 p.m., Wednesday and Thursday; 7 a.m. to 11 p.m., Friday; 1 to 11 p.m., Saturday; and 1 to 6 p.m., Sunday.

Week of Dec. 7

Special #1: Egg salad sandwich with potato chips, cookie and regular soda for \$3.95.

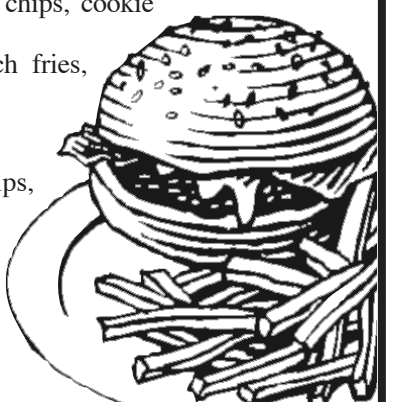
Special #2: Pepperoni pizza sub with french fries, cookie and regular soda for \$5.50.

Week of Dec. 14

Special #1: Cheese steak wrap with potato chips, cookie and regular soda for \$9.95.

Special #2: Chicken cheese steak wrap with potato chips, cookie and regular soda for \$9.95.

For more information or to place an order, call 410-278-4041. Orders must be placed before 10:30 a.m.



SKIES Unlimited

For more information or to register for a SKIES Unlimited class, call the Central Registration Office, building 2752, 410-278-7571/7479. Open to all DoD ID card holders. For an appointment, e-mail stacie.umbarger@conus.army.mil.

Driver's Ed classes begin January

Driver's Education classes will be held Jan. 4 thru 20. No class Jan. 18. Classes will be held Monday thru Thursday, 2:30 to 5:45 p.m. and 6 to 9:15 p.m. Cost is \$315 per student.

All Drivers Education classes will be conducted by Rules Driving School, located at Boothe Brothers International Building, 16 North Philadelphia Boulevard, door #2, Downstairs Suite N, Aberdeen.

Classes include 30 hours of classroom instruction and 6 hours behind-the-wheel instruction.

The last day to register for the class is one week prior to the first class. Students must be between the ages of 15.9 and 18 years old. Parents must attend the first day of class. Open to all DoD ID card holders.

Prices subject to change without notice.

Free babysitting course

Become a certified babysitter after taking the free 4-H/Army Child, Youth and School Services babysitting class for ages 13 to 18.

The class will be held 9 a.m. to 3 p.m.,

Jan. 19, at the Aberdeen Area Child, Youth and School Services, building 2522. The objective is to familiarize participants with the responsibilities of babysitting

Class is open to all DoD ID card holders.

Private flute lessons

Private flute lessons for ages 8 through 18 will be held 3:30 to 7 p.m., Mondays, Jan. 5 through Feb. 2, at the Aberdeen Area Youth Center, building 2522.

Cost of the lessons is \$96 per student and includes one 30-minute session per week for six weeks.

Students must provide their own flute and also are required to purchase books required for the course as recommended by the instructor.

Books are a one-time purchase. Parents choose which time frame session they want to sign-up for when they register their child.

Private voice lessons

Ages 6 through 18 can register for private voice lessons, 3:30 to 7 p.m., Mondays, Jan. 5 through Feb. 2, at the Aberdeen Area Youth Center, building 2522.

No experience is necessary. Singing lessons cost \$96 per student and includes one 30-minute session per week for six weeks. Students are required to purchase books required for the course as recommended by the instructor.

Parents choose which time frame session they want to sign-up for when they register their child.



ARMY FAMILY COVENANT

SOLDIERS ★ FAMILIES ★ ARMY CIVILIANS



ACS Hearts Apart decorates tree in honor of deployed Soldiers



Sarah Thompson, a military spouse, with children Rohan, 2, and Reagan, 4, hang an ornament on the Army Community Service's Christmas tree, which was decorated in honor of deployed Soldiers during the monthly meeting of Hearts Apart on Dec. 2.

Story and photo by
RACHEL PONDER
APG News

To celebrate the holidays, Family members in the Army Community Service Hearts Apart program decorated a tree in honor of deployed Soldiers during the Dec. 2 meeting.

Family members of deployed Soldiers decorated ornaments with the name of their Soldier on the ornament.

"The lights on this tree represent a light shining out to our deployed Soldiers," said Marilyn Howard, employment readiness program manager, before lighting the tree.

Sarah Thompson, a military spouse, who attended with her daughter Reagan, 4, and son Rohan, 2, said events that honor deployed Soldiers help keep Families connected.

"Being apart for whatever reason is difficult on children and spouses," Thompson said. "Activities like making ornaments to honor a deployed Soldier are a way to keep them with you when they are not physically here with you. It keeps them connected in your heart."

Thompson added that her husband is currently an Advanced Individual Training student at Aberdeen Proving Ground, and she is able to see him twice a week.

"We have pictures of him around the house so that we can see him when he is not physically in the house with us," she said.

In addition to decorating a tree, ACS employees also decorated the lobby of the ACS building with holiday decorations,

and had special treats like pumpkin cake, éclairs, hot chocolate and tea for attendees. Children received teddy bears and parents received mugs, books and other mementos as well as pamphlets on ACS programs and information handouts for Families of deployed Soldiers.

About Hearts Apart

Hearts Apart, hosted by Wilhelmina Cromartie, relocation readiness program manager, and Phyllis Etheridge, relocation readiness program specialist, is a monthly support group for spouses and Family members of deployed Soldiers.

"Most meetings we have a guest speaker who discusses topics that are relevant to spouses and Family members of deployed Soldiers," Cromartie said.

Cromartie said that the program seeks to empower military and civilian Family members with information needed before, during and after separation.

Cromartie added that the monthly meetings are also a good opportunity for military spouses to build their own support system by meeting other military spouses and by sharing information with each other.

"Spouses are welcome to come out before their spouse is deployed, which will help them by building up a network before their spouse is away," she said.

The ACS Hearts Apart support group meets the first Wednesday of each month, 6 to 7 p.m. in building 2754, Rodman Road.

For more information contact Cromartie, 410-278-2464/7572.

EDGE! cooking, culinary arts students make dinner for Family, guests

Story and photos by
RACHEL PONDER
APG News

Youth and teens participating in the EDGE! cooking and culinary arts program made a special dinner for Family and guests at Top of the Bay, Nov. 23, to showcase the skills they learned while taking the class.

Baked chicken, baked ziti, roasted potatoes, stuffing and corn topped the menu of the evening followed by chocolate cake for desert.

The participants also set the tables and served their guests using techniques learned in the culinary arts portion of the program.

This EDGE! program was conducted on Mondays and Wednesdays for four weeks during the month of November.

The program is part of an ongoing Child, Youth and School Services program called The EDGE! These program, open to youths whose Families work on Aberdeen Proving Ground as service members, civilian employees or contractors, are designed for children and teens in grades 1 through 12 to learn new skills using Family and Morale, Welfare and Recreation and partner facilities.

The program was taught by Lucy Tillman and Tracy Riley, Top of the Bay supervisor and cook, respectively; Teri Hall, Top of the Bay catering director; Doug Tillman, a volunteer who works at the Swan Creek Inn; and Chuck Rose, an FMWR specialist with CYS Office and the lead for the program.

During the cooking portion



Lucy Tillman, Top of the Bay supervisor shows Sarah Richardson, 14, and Jamie Colopietro, 14 how to make baked ziti during the last night of the EDGE! cooking and culinary arts program on Nov. 23. Family and guests were treated to a special dinner made by the students.

of the program, youths made different dishes for all meals by using teamwork and learned safety practices in the kitchen.

The youths also learned serving techniques used by waiters and waitresses in the food service industry.

Several youths in the class said that they felt more comfortable cooking in the kitchen as a result of the program.

"Learning how to cook is really fun," said Sarah Richardson, 14. "I took this class because I wanted to have more cooking skills, and know what to do in the kitchen, so that when I am living on my own I

don't have to survive off of Chinese takeout."

"I wanted to learn cooking safety so I don't burn the house down," added Jasmine Taylor, 15.

The EDGE! program also gives youths a chance to explore different interests and learn skills that could benefit them in the future.

Aleah Parris, 12, said that she would like to go to culinary school someday.

"My aunt serves in the military as a cook and trains other Soldiers," she said. "She inspired me to want to be a chef when I grow up."

Cathy and Wendell Richardson, who are parents to Sarah Richardson said that as a result of the class their daughter is

more interested in cooking.

"She had friends over and made a dish that she learned how to make in program," Cathy Richardson said. "We were impressed. We are enjoying what she learned in the cooking class as well as here."

About The EDGE! program

The EDGE! is a free program for teens. School aged children, first through fifth graders will be charged the school aged care rate, which is \$5 per hour, Rose added. The EDGE! program offers 5 to 10 hours of free monthly school 5 to 10 hours of free monthly School Age Services Open Recreation to eligible school-aged children. Parents whose children are regulars

SAS users will not be charged additional fees for participation in The Edge! program Military Family members receive 15 hours of free programs each month, which can be applied to The EDGE! program.

Rose said that The EDGE! program is an opportunity for youths and teens to experience a variety of programs, make friends and have fun while learning what other programs FMWR and CYS Services have to offer. The EDGE! is not a vocational program, the program is designed to get youths to think and start planning for the future by helping them build life skills.

For more information call Rose, 410-278-1399.



Staff Sgt. Eddy Nubine, from the Army Materiel Command Band, gets served water from his son Elijah Nubine.



Paige Reynolds, 13, D.J. Mattei-Lopez, 11, and Chelsea Reynolds, 16, prepare chocolate cakes to be served for the dinner.